

Name _____

Flexibility First: The Incredible Benefits of Stretching

Open-Ended Response Answer Key

1. Stretching is important for preventing muscle imbalances and improving posture because it helps lengthen tight muscles and strengthen weak ones, promoting better muscle symmetry and alignment, which can reduce strain on the body and improve overall posture.
2. Examples of dynamic stretches include leg swings, arm circles, and trunk rotations. Dynamic stretches help improve blood flow and increase muscle temperature, enhancing muscle flexibility and readiness for physical activity, leading to better athletic performance.
3. Regular stretching contributes to overall physical health and well-being by improving muscle flexibility, enhancing joint mobility, preventing injury, and promoting better posture and movement quality, allowing individuals to perform daily activities with ease and comfort.
4. It is important to incorporate both static and dynamic stretches into a stretching routine because they target different aspects of flexibility and mobility. Static stretches help improve muscle flexibility by holding a position, while dynamic stretches help warm up the muscles and increase blood flow, preparing the body for movement and reducing the risk of injury.

