

Benefits of Good Flexibility

- Decreased muscle tension and increased relaxation
- Greater ease of movement
- Improved coordination
- Increased range of motion
- Reduced risk of injury
- Better body awareness and postural alignment
- Improved circulation and air exchange
- Smoother and easier contractions
- Decreased muscle soreness
- Prevention of low-back pain and other spinal problems
- Improved personal appearance and self-image
- Improved development and maintenance of motor skills