



# Benefits Of Stretching Exercises And Safety Tips

## Health Benefits



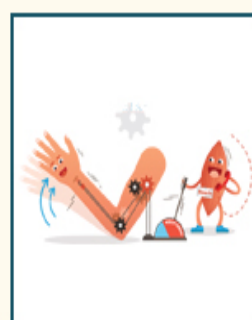
Enhances the mobility and stability of joints.

Reduces muscular tension and muscle fatigue.



Prevents calf, hamstring, and quadriceps injuries during physical activities.

Improves muscle coordination.

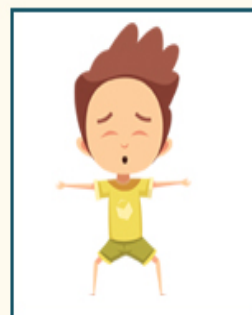


## Precautions



Have a 15-20 minute warm-up before the workout.

Keep steady breathing (exhale and inhale) throughout the stretching exercises.



Do not overstretch; hold each stretch for about 10-30 seconds without bouncing.

Ensure to stretch both sides of the body equally.

