



Corporate Bodies International

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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Commence a yoga class
for relaxation and
improved flexibility.



**Corporate Bodies
International**

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This fortnight's healthy topic...

Stretching



Have you noticed you can't get your golf club back as far as you used to? Is it getting more difficult to look behind you while you're reversing your car? Can't touch your toes anymore either? That's because our muscles get less flexible as we become less active and get older.

FACT: Flexibility can increase significantly by making stretching a part of your day.

So what are the benefits of stretching?

By having good flexibility, you will:

- Increase blood flow to muscles and vital organs, which makes them work more effectively
- Be less likely to injure yourself
- Stay agile and mobile as you get older
- Feel fitter
- Have more energy

Aim to:

- Only stretch until you reach a point of resistance, you shouldn't feel pain
- Hold a stretch for between 30-60 seconds and repeat
- Never bounce while stretching as this can cause an injury
- Concentrate on relaxed breathing

Stretching is something we can do anywhere, anytime. All it takes is 10 minutes a day. You can even do it in front of the TV during ad breaks!!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**



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Please visit our website www.corporatebodies.com.au or contact us on Ph: 1300 21 31 41.