

Health & Wellness

Tip of the Week

Week 1
January 4, 2016

January is all about **physical fitness**. It is the perfect time to remind you about the importance of staying active and healthy!

Warm Up To Stretching To Prevent Injury

If you really want to make your muscles hustle, then incorporate stretching into your exercise routine. How much should you stretch? As a general rule, stretch whenever you exercise. If you don't exercise regularly, you might want to stretch at least three times a week to maintain flexibility. If you have a problem area, such as tightness in the back of your leg, you might want to stretch every day or even twice a day.

You can stretch anytime, anywhere — in your home, at work or when you're traveling. If you have a chronic condition or an injury, however, you may need to alter your approach to stretching. For example, if you have a strained muscle, stretching it like usual may cause further harm. Discuss with your doctor or a physical therapist the best way to stretch.

Source: Mayo Foundation for Medical Education and Research



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