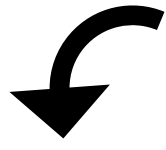


# When Should You Stretch?

Will You Be Participating In Physical Activity or Exercise?

  
**Yes**

If you are about to start a heavy workout or hike, make sure to spend at **LEAST** 5-10 minutes warming up the muscles and joints with dynamic movements

**DYNAMIC STRETCHING**

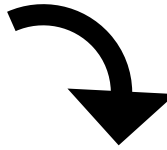


**PHYSICAL ACTIVITY**



**STATIC STRETCHING**

✓ **DYNAMIC STRETCHING:**  
easy, repetitive movements with low load. Meant to warm up joints/muscles and improve circulation for physical activity.

  
**No**

If you won't be doing much, that doesn't excuse you from stretching. Do some light, static stretches to keep the body mobile

**WAKE UP IN MORNING**



**STRETCH! (5-10 min)**



**ENJOY YOUR DAY**

✓ **STATIC STRETCHING:**  
Passively held stretches in one, single position for 30-60 seconds. Meant to be comfortable, not painful.