

WHY STRETCHING IS GOOD FOR YOU!

Stretching is a great way to take care of our bodies and this is why:

INCREASES FLEXIBILITY

Helps your body move more easily

IMPROVES POSTURE

Helps you sit and stand up straight

LOWERS STRESS

Helps you relax and feel calm

IMPROVES BALANCE

Helps you stay steady and avoid falls

HELPS YOU BREATHE BETTER

Opens up your chest for deeper breaths

REDUCES MUSCLE PAIN

Loosens tight muscles and eases discomfort

BOOSTS BLOOD FLOW

Gets more oxygen to your muscles

PREVENTS INJURIES

Keeps your muscles ready for movement



STRETCH EVERY DAY FOR A STRONGER, HEALTHIER BODY!

Reach out to LifeAssist for fitness advice from a Biokineticist.



DOWNLOAD
STRETCHING EXERCISES



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