



The Importance of stretching during the day

Whenever it crosses your mind, stretch

Stretching is not only an important thing to do before and after exercise, but should be a part of your daily routine at work and home. Stretching at regular intervals throughout the day will keep a proper supply of blood and nutrients flowing to the working muscles and tissues in your body.

Keep fatigue at bay, improve posture and blood flow and enjoy a more positive disposition by stretching and taking regular breaks during the day. Read the below benefits of stretching and the easy ways you can incorporate it into your day, every day.

Top 3 benefits of stretching

Stretch the blues away

Stretching encourages the release of endorphins, increases your blood flow and circulation and sends oxygen to your brain which lightens your mood while helping to clear your mind. Better blood circulation helps promote cell growth and organ function. Your heart rate will also lower as it doesn't have to work as hard and blood pressure will become more even and consistent. Remember stress causes muscles to contract and become tense which in turn can negatively affect your mind and body; so, stretch it out for that instant mood boost!

Prevent that 3pm slump

Feeling sleepy at your desk after lunch? Get up and move! Stretching is a great way to boost energy levels while at work, university or school. When we're tired our muscles tighten and that can make us feel even more lethargic. Sitting for long periods of time is hard on our bodies, particularly on our glutes. The nerves that activate your glute muscles can shut down in a short amount of time, placing more stress on joints and muscles in other areas of the body such as lower back and knees. Getting up every hour or two for a quick stretch will re-energise you and help you to power through until your next break.

Stand tall, stand proud

Stretching improves posture and keeps your thoracic spine moving and healthy. If you sit at a desk for most of your day then it's vital to do rotational stretches because they encourage mobility in the spine and help maintain proper alignment. If your thoracic spine becomes tight it can lead to other problems like shoulder, neck and back pain.

Stretching and taking short breaks is easy!

Start your day off with a quick stretching routine which you can even do while the coffee brews. Stretching after a hot shower or bath is optimal, but if it's the first thing you do after waking up make sure to stretch gently. Incorporate upper back and chest release stretches, side stretches, spinal twists, quad and hamstring stretches and a few forward bends. It's amazing what 5 to 10 minutes of stretches and movement can do to set your day on the right path.

Once at work, make a concerted effort to take regular breaks and give your body a stretch – a few minutes every hour or so will work wonders on your mood, productivity, posture and overall health. Now, we think it's time to get up and reach those arms overhead, don't you think?

