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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Stretching For Fitness

By Ms Namita Nayyar

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An ideal fitness routine comprises of exercises to improve cardiovascular efficiency, create muscular strength and endurance along with improved suppleness .Flexibility exercises are those that serve to keep the joints flexible ,especially the vertebral column and its various sections.

Stretching independently or as a part of a fitness routine has many beneficial effects that can be felt even during exercises themselves. In order to understand the benefits of stretching or flexibility exercises, it is essential to understand how the various body tissues are nourished .

What happens when you stretch?

As in case of muscles which recieve their nutrients directly via the vascular system through rapid exchange rhythm ,there is no such active supply system for cartilage tissues covering the ends of bones in joints .Cartilage instead is fed by the migration of particles from the joint fluid surrounding it ,know as the synovial fluid . To be able to absorb the synovial fluid optimally, the cartilage has recourse to an alteration of pressure and suction forces .

It is precisely this regular rhythmic exchange optimizing the supply to the cartilage that is achieved with the flexibility exercises . Indulging in regular stretching exercises leads to enhanced cartilage nutrition and loosening up of all the connective tissues . While performing stretching exercises both outward and inward concentration is necessary .

Remember these stretching tips when doing the following exercises:

Always warm up before stretching. Warming up gives your body a chance to deliver plenty of nutrient rich blood to areas about to be exercised, which warms the muscles and lubricates the joints

Do not bounce or bob when you stretch --- not only is this not effective, but you could injure yourself.

Take each stretch slow to the point where tension can be felt, but not pain.

Never stretch torn or injured muscles unless you have consulted with your doctor.

Hold each stretch for 20 to 30 seconds.

Always complete each stretch for both sides of your body, when applicable.

Stretching For Fitness

Always cool down and relax after a stretching routine. By cooling down, you can help prevent injuries and muscle soreness from your workout.

She is the creator behind WF, has studied in–depth about nutrition, both normal, therapeutic and exercises. President of Women Fitness (WF), she is the author of the "on–line book" on complete fitness. She has designed the customized strength training, cardiovascular training and flexibility training programs and has trained many women in this field. She is a certified Aerobics & Fitness Instructor certified from International Fitness Association (IFA).

Streching exercises

By John Gibb

Stretching exercises are important before you begin your workout. Always remember to stretch before and after your workout. Stretching exercises also give you health and fitness by making you more flexible.

This helps you in all sorts of exercises, even running, you will find stretching the leg muscles daily will give you better performance at fitness exercises such as running.

Remember for optimal health and fitness always perform stretches, as we mature we become more and more less flexible, this is why it is good to stretch daily.

Stretching exercises for health and fitness are very easy to perform. The normal ones for legs such as touching the toes and hamstring stretches are your most common stretches. For arms you can do anything from arm twists. For your upper body a great stretching exercise is to perform twists side to side with a weightless barbell behind your neck. If you are are pursuing martial arts or want excellent flexibility in the legs then you can perform the splits each day, take it very easy when doing this if you are new to exercise, pushing your self could result in severe pain, and in some cases, even damage.

Visit

for further information.

John Gibb is the webmaster of several websites.

is his latest addition.

Streching exercises

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