

## Flexibility

Name: **Sample Man**

Test Date: 08/29/1993

Male, 47.9 years

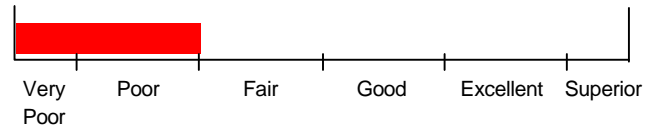
The Heart Place

Measurements	Your Results	Classification
--------------	--------------	----------------

### Sit and Reach

Distance of Reach (in):

13



When compared to other people of the same age and gender, your overall level of flexibility is FAIR. Adequate flexibility (i.e., joint range of motion) is an important component for musculoskeletal health and function. Of particular importance is maintenance of thigh and lower back flexibility. Studies show an increased incidence of low back problems in people with deficient flexibility in these areas.

Stretching exercise can help to improve and maintain range of motion in joints. These exercises are most effective if they are performed in a slow and controlled manner to a greater range of motion. The American College of Sports Medicine recommends the following guidelines:

- Frequency At least 2-3 days per week
- Intensity To a position of mild discomfort
- Duration 10-30 seconds for each stretch
- Repetitions At least 4 repetitions per muscle group
- Type Static (no bouncing), with a major emphasis on thigh and lower back

Stretching exercise can be effectively performed before and after aerobic workouts. It is suggested to 'actively warmup' prior to performing vigorous stretching exercises. Several minutes of moderate to brisk walking serves as a good warmup activity. Some commonly employed stretches may not be appropriate for some individuals with prior muscular and joint injuries.