ANNA FARKAS

Name: *Date:*

Change the words in brackets to complete the text.

Why Stretching is Important

Stretching keeps the muscles flexible, strong, and _____ (health), and we need that _____ (flexible) to maintain a range of motion in the joints. Without it, the muscles _____ (short) and become tight. Then, when you call on the muscles for activity, they are weak and _____ (able) to extend all the way. That puts you at risk for joint pain, strains, and muscle damage.

For example, sitting in a chair all day results in tight hamstrings in the back of the thigh. That can make it harder to extend your leg or straighten your knee all the way, which inhibits walking. Likewise, when tight muscles are _____ (sudden) called on for a strenuous activity that stretches them, such as playing tennis, they may become_____ (damage) from suddenly being stretched. Injured muscles may not be strong enough to support the joints, which can lead to joint _____ injure).

Regular _____ (stretch) keeps muscles long, lean, and flexible, and this means that exertion "won't put too much force on the muscle itself," says Nolan. Healthy muscles also help a person with balance problems to avoid falls.

Source : https://www.health.harvard.edu/staying-healthy/the-importance-of-stretching

LIVEWORKSHEETS