Stretching keeps the body relaxed and flexible, reduces injury, and increases range of motion.

Static stretching involves holding the body in a specific position for a short period of time whereas dynamic stretching involves slow and continual movement of the body in various positions. At the end of an activity or warm-up have participants work through the Static/Dynamic Head-to-Toe Stretch, holding each static stretch for 10 to 30 seconds and repeating each dynamic stretch 5 to 10 times. Or, as part of a warm-up, try the Dynamic Head-to-Toe Stretch.

1. Neck Side Stretch
   - Stretch ear towards one shoulder.
   - Extend opposite arm slightly out from the body and down.
   - Hold stretch.
   - Repeat on opposite side.

2. Arm Circles
   - Circle one arm slowly forward, then backwards.
   - Keep body still.
   - Repeat with opposite arm, then repeat with both arms at the same time.
   - Try circling both arms in opposite directions, at the same time.

3. Upper Back Stretch
   - Stand with legs hip-width apart, knees loose.
   - Extend both arms forward (e.g., as if hugging a tree).
   - Clasp hands together with thumbs up then rotate hands to point thumbs down.
   - Lower head to look at belly button.
   - Round shoulders.
   - Hold stretch. Repeat.

4. Chest Stretch
   - Stand with legs hip-width apart, knees loose.
   - Stretch chest by extending both arms wide to the side.
   - Gently stretch slightly past shoulders while holding chest tall and strong.
   - Extend finger tips.
   - Hold stretch. Repeat.