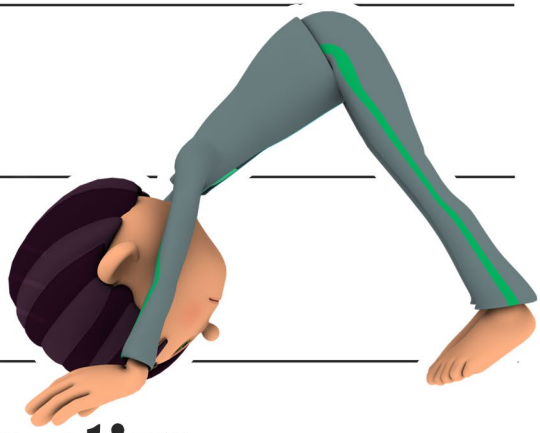
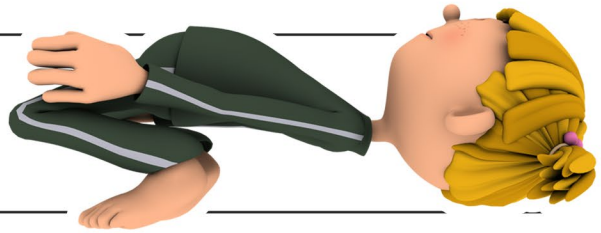
FLEXIBILITY

1. Flexibility is the body's ability to bend and stretch

2. Helps reduce the chance of injury
3. Reduces pain
4. Improves cognitive skills helping you do better in school
5. Improves strength and performance



6. Improves balance and coordination
7. Improves your range of motion
8. Strengthens muscles



9. Increases blood flow to muscles
10. Improves mental health

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