

Dance Daze® At Home Challenge #3: Static Stretching



1: What is static stretching?

Static stretching involves standing, sitting, or lying down in a position for about 20 to 45 seconds. We typically do not want to hold a static stretch for longer than one minute because this can cause us to be stiffer and put us at risk for injury. Some examples of static stretches are a straddle stretch, a hamstring stretch, a quadriceps stretch, and a posterior capsule (arm across chest) stretch.

2: Why is static stretching important?

Stretching, in general, helps to improve our flexibility, range of motion, posture, and alignment. Additionally, stretching can increase our blood supply so that we do not feel sore after dancing or exercising. Static stretching, specifically, helps to lengthen and give elasticity to our muscles after physical activity. It is also good to do static stretching after physical activity because our muscles are already warm and prepared for deeper stretching.

3: What can static stretching help us do?

Static stretching helps us reduce our risk of injury and lengthen our muscle tissues. This helps to keep us healthy so that we can continue doing our favorite activities for many years.