REACH HIGHER!

Being flexible means you can bend and stretch easily.

WHAT'S THE SECRET?

Stretching will improve your flexibility. Touching your toes, side stretches, arm circles, and lunges are common stretching exercises.

ALL-STAR TIP

To avoid injuries, warm up your muscles before stretching. Plan to stretch after aerobic exercise or do some jumping jacks or jog lightly for about 5 minutes before doing your stretching routine.

FAR-REACHING FACT

Do like the pros do and try yoga for better flexibility. Would you believe that the majority of NBA/WNBA players have practiced yoga? It's a good way to learn to focus, too.

For more fitness tips from the pros, visit
nba.com/nbafit
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