

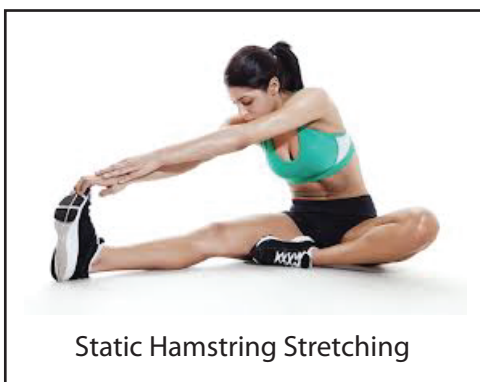
## Warm Up

Before activity, most athletes complete some kind of warm up or stretching routine. Evidence has shown that the type and timing of warm up and stretching can have a profound impact on results.

### Before Activity - Dynamic Stretching

Dynamic stretching is a movement-based stretching. It uses momentum to move a body part through a full range of motion. This raises the body temperature, increasing blood flow and oxygen to the muscles, and preparing the body for activity. A dynamic warm up has been shown to be more effective on athletic output than static stretching and should be completed before beginning activity.

A proper dynamic warm up can help prevent injury and allow a person time to mentally focus and prepare for the upcoming event. Typically, the warm up movements will mimic the motions used during activity. For this reason, dynamic warm ups will vary slightly based on sport.



### After Activity - Static Stretching

Static stretching is the process of lengthening the muscles for a prolonged period while the body is at rest. Static stretching is used to increase flexibility, and should be done at the end of a workout while the muscles are warm and relaxed. Static stretching should not be done immediately before exercise, because studies have shown it decreases a muscle's ability to generate power.

### Before and after - Foam Rolling

Foam rolling is a form of self-massage that helps relax muscles and muscle coverings (fascia) to allow greater flexibility. It has been shown to be more effective in increasing flexibility than static stretching. Foam rolling can be done before or after activity. Aim to roll major muscle groups for two to three minutes.

