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

All health information provided by KidsHealth.