

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

FLEXIBILITY

Stretching the Line to Make the Fire

On the Job

Fire fighting requires fire fighters to operate in awkward positions. This requires a high level of flexibility in order to be effective and reduce the risk of an injury.

Benefits of Stretching

- ◆ Greater range of motion.
- ◆ Enhances the health of the joints.
- ◆ Enhances the recovery process after an intense workout.
- ◆ Reduces the risk of injury.
- ◆ Can assist with the warm up before vigorous exercise.
- ◆ Helps reduce muscle soreness.
- ◆ Helps mental preparation.

Now is the Time

As the body gets older, muscles naturally lose their elasticity. The teenage years are the prime time to develop flexibility.

Where to Begin

- ◆ Begin with a slow progressive aerobic activity for at least 5 to 8 minutes.
- ◆ Use the same muscle groups and similar motions that you are going to need for your sport or activity.
- ◆ Gradually increase your intensity to increase the circulation to your joints.
- ◆ After the aerobic warm up activity incorporate a light stretching routine.
- ◆ Stretching warm muscles helps increase range of motion and reduces the risk of injuries.
- ◆ Repeat each stretch 2 to 3 times.
- ◆ Choose flexibility exercises that stretch the primary muscles you will be using during your workout.
- ◆ Perform some basic balance activities.
- ◆ Begin your sport or activity at a low intensity and then gradually increase the intensity.
- ◆ Listen to your body.