



Stretch to Thrive

Stretch Therapy

Benefits of Stretch Therapy

- *Improves flexibility, range of motion, posture as well as relieving stress.*
- *Increases blood flow throughout the body and prevents injuries.*
- *Helps prevent injuries and muscle soreness in physically active individuals.*
- *Allows physically active individuals to continue to perform at peak level.*

Type Of Stretches We Offer

Static Stretching: Holding a stretch in a comfortable position for a period of time that lasts between 15-30 seconds.

Dynamic Stretching: An active movement that cause the muscle to stretch, but the stretch is not held in the end position.

PNF Stretching: A form of stretch that relies on reflexes to produce a deeper stretch that increases flexibility on the neurological level.



Broward Health[®]

Fitness Center



Stretch Therapy Class Pricing

\$50

30 mins

\$225

Package (5)
30 mins

To schedule an appointment, call the Fitness Center at **954.355.5521** or email Robert Roddy at **rroddy@BrowardHealth**.



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Fitness Center

1600 S. Andrews Avenue, Fort Lauderdale