Name:

Date:

School:

Facilitator:

2.02 Stretching Discussion Summary

Total Points: 25

**Answer the questions below using complete sentences.**

1. Why is it important to add stretches as part of a workout routine?

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| **Answer the question below, using complete sentences.** |
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1. Post your discussion answers and picture here. You may copy and paste from the discussion.

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| **Answer the question below, using complete sentences.** |
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1. After reading through your classmates’ discussions, did you learn anything new about how stretching is important to individuals’ workout routines? If yes, what did you learn? If not, why not?

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| **Answer the question below, using complete sentences.** |
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1. Did anyone else mention or share a stretch that would be beneficial for you? Name the stretch and explain why you think it would be helpful for you.

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| **Answer the question below, using complete sentences.** |
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1. How would you explain the importance of stretching as part of a workout routine to someone who does not stretch?

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| **Answer the question below, using complete sentences.** |
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