

# FLEXIBILITY QUIZ



teacher Quiz

## True or False

Determine if the following statements are true or false.  
Please circle your answer.

1.) The best way to stretch is to go as fast as possible.

TRUE

**FALSE**

2.) A flexible muscle will stretch easily like a rubber band.

**TRUE**

FALSE

3.) You should always stretch to the point of pain.

TRUE

**FALSE**

4.) Stretching exercises may improve performance in activities like sports and dance.

**TRUE**

FALSE

5.) A tight muscle cannot reach as far or bend as easily as a flexible muscle.

**TRUE**

FALSE