

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Test Questions:

1. Stretching will improve your:
  - A) Coordination
  - B) Frustration
  - C) Circulation
  - D) A and C
2. Stretching is a contest of strength and endurance.  
 True  
 False
3. The following three things should not be done while stretching.
  - A) Hold breath
  - B) Combine with other exercises
  - C) Try to become a contortionist
  - D) Bounce around
4. When stretching, frequency counts, not physical effort.  
 True  
 False
5. Name at least one time during the day that you can do stretching exercises.
6. How can you improve safety at home or on the job based on the subjects presented in this video?

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Signature