Stretching improves flexibility and mobility.

**Stretch Smoothly:** Bouncing during a stretch invites muscles to respond by tightening up to protect themselves. Begin slowly and smoothly. Work towards a position that starts to feel tight but never becomes painful.

**Pain is Not Good:** Feeling pain during a stretch is self-defeating. If you feel pain, you are working against the body’s loosening-up mechanism. Always ease into your stretch; to do otherwise is to invite injury.

**Staying Loose:** As you stretch, it is important to keep your body relaxed. This can be accomplished by keeping your breathing even and consistent.

**WARM-UP**
1 minute stationary walking

**DYNAMIC WARM-UP** *(repeat 10 times)*

**WRISTS:**
- Move wrists up and down and rotate.

**SHOULDERS:**
- Alternate raising each arm overhead. Keep palms facing each other.

**SIDE BEND:**
- Reach up and over to the right or left, as you are reaching let your heel come off the ground (alternate).

**TRUNK TWISTS:**
- As you twist: lift heel, and go slowly side to side.

**ARM CIRCLES:**
- Start with arms raised.
- Slowly rotate in small circles.
- Gradually increase circle size while maintaining control.
- Change direction.

**ANKLE CIRCLES:**
- Stand on one foot.
- Lift up other foot.
- Rotate foot in small circles.
- Do clockwise and counterclockwise rotations.

Consult your physician before beginning any exercise program, or if you have any questions about your ability to perform any stretch.
NECK STRETCH
• Stand with feet shoulder width apart
• Hands on hips
• Slowly and gently tilt left, front, right and back (3x)
• Repeat other direction (3x)

WRIST STRETCH
• Gently pull palm up
• Pull back of hand down
• Hold each direction for 20 seconds

SHOULDER STRETCH
• Place one arm across chest
• Bend other arm and hold behind the elbow
• Gently stretch for 20 seconds

ABDOMINAL STRETCH
• Interlock fingers overhead with palms facing upward
• Reach as high as you can
• Lean forward/backward slightly for 20 seconds

CAT STRETCH
• Stand with your feet shoulder-width apart
• Bend down, putting your hands on slightly bent knees
• Look up, pointing your chin at the ceiling and creating an arch in your back
• Take a deep breath. As you exhale, count to three; tuck your chin into your chest, and round your back (repeat 3 times)

HAMSTRING STRETCH
• Stand up straight with your feet slightly apart.
• Slightly bend your left leg, putting hands on your left thigh
• Extend your right leg, keeping your heel on the floor. Look straight ahead. Hold for 20 seconds and switch

QUAD STRETCH
• Stand up straight with your feet slightly apart
• Extend your left arm or use a wall (neighbor) for balance
• Grab your right ankle with your right hand and pull up toward your back
• Keep your body in good alignment with your knees fairly close together
• Hold for 20 seconds and switch

REACH HIGH
• Stand up straight with your feet shoulder-width apart
• Stretch your arms up over your head as high as you can
• Spread your fingers
• Take a deep breath, count to three and exhale (repeat 3 times)
• 20 seconds and switch