

EIGHT SIMPLE STRETCHES

Cost: 7 minutes Value: Feeling Good and Injury Prevention

Do these at the start of your day, at a break, or in the evening. Whenever you choose to do them, the benefits are the same: relief of tight, sore, or tired muscles, relaxation, and rejuvenation.

DO'S

- When you stretch, be sure to stretch correctly or you could hurt yourself.
- Stretch slowly and carefully to the point of light tension (not to the point of pain).
- Hold the stretch for 30 seconds (except where noted).

DON'TS

- Stretching too quickly or too far can injure ligaments.
- Avoid bouncing during the stretch



1. Bend forward. Sitting on the edge of your chair with your feet flat on the floor, lean forward until your chest rests over your knees. Let your arms hang loosely, fingertips on the floor. Hold for 30 seconds.

2. The Flamingo. While standing, hold on to the back of your chair and grasp your right ankle with your left hand. Keep your hips facing straight ahead and pull your ankle up toward your buttocks as far as you can. Hold 30 seconds. Repeat with the other leg.



3. Feeling Cornered. Stand 24 inches or less from the corner of a room and place your hands flat on each wall at shoulder height. Place your feet together, lean forward and touch your nose to the corner, like a push-up. Hold for 30 seconds.

4. Cross Over. Bring your left arm, elbow bent, across your chest, parallel to the floor. Use your right hand to pull your left arm further across your body. Hold 30 seconds. Repeat with your other arm.

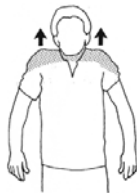


5. Neck Stretch. Reach your right over your head and gently grasp the left side of your head. Gently pull your head away from your left shoulder with your hand. Hold 30 seconds. Repeat with other side.

6. Back Scratch. Reach down the middle of your back with your left hand, pointing your elbow toward the ceiling. Gently push your elbow down with your right hand for a deeper stretch. Hold 30 seconds. Repeat with your other arm.



7. Shoulder Shrug, Roll, and Circle. Raise the top of your shoulders toward your ears. Hold for 10 seconds, then relax your shoulders downward into their normal position. Next, slowly roll your shoulders forward 10 times. Repeat this movement backwards as well. Finally, extend both arms sideways at shoulder height and rotate your arms forward, 10 times, in small circles. Then repeat, circling backwards.



8. Let's Twist. Sit up straight in your chair. If you can, wrap your feet around the chair legs. Reach behind you and grab the back of the chair. Look over the chair back and hold for 30 seconds. Pull gently to increase stretch. Repeat in the other direction.