

Everyday STRETCHES

With all stretches: No bouncing, remember to breathe, hold each stretch for about 30-60 seconds, and stretch to a point you feel tight but not painful.

Chest stretch: Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Hold your arms out to the side parallel with the ground and the palms facing forward. Stretch the arms back as far as possible. You should feel the stretch across your chest.

Upper Back Stretch: Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax. You should feel the stretch between your shoulder blades.

Shoulder and Triceps Stretch: Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Place both hands above your head and then slide both your hands down the middle of your spine. You should feel the stretch in the shoulders and the triceps.

Side Bends: Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips. Bend slowly to one side, come back to the vertical position and then bend to the other side. Do not lean forward or backwards. You should feel the stretch on your sides.

Hip and Thigh Stretch: Stand tall with your feet approximately two shoulder widths apart. Turn the feet and face to the right. Bend the right leg so that the right thigh is parallel with the ground and right lower left is vertical. Gradually lower the body. Keep your back straight and use your arms to balance. You should feel the stretch along the front of the left thigh and along the hamstrings of the right leg. Repeat by turning and facing to the left.

Biceps Stretch: Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Hold your arms out to the side parallel with the ground and the palms facing forward. Rotate the hands so the palms face to the rear. Stretch the arms back as far as possible. You should feel the stretch across your chest and in the biceps.

Shoulder Stretch: Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Place your right arm, parallel with the ground across the front of your chest. Bend the left arm up and use the left forearm to ease the right arm closer to your chest. You should feel the stretch in the shoulder. Repeat with the other arm.

Calf stretch: Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall. Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor. You should feel the stretch in the calf of the rear leg. Repeat with the other leg.

Adductor Stretch: Stand tall with your feet approximately two shoulder widths apart. Bend the right leg and lower the body. Keep your back straight and use arms to balance. You should feel the stretch in the left leg adductor. Repeat with left leg.

Quadriceps Stretch: Stand tall with feet comfortable apart. Grab hold of a stationary object for balance with one hand. Use the opposite hand to grasp the leg around the ankle. Lift it towards your buttocks. Repeat with the other leg.

Credit to: Eat Smart Move More. www.EatSmartMoveMoreNC.com