



HEAD TO TOE, STRETCH AND GO!

Stretching benefits people of all ages and can help reduce fatigue and injury. Do these stretches frequently to relieve muscle-related discomfort.

Do each stretch five times each and hold them each time for five seconds (5x5).



NECK ROLL

To stretch and loosen neck muscles



SHOULDER OVER

To stretch the shoulder and upper back



NECK AND SHOULDER

To stretch the neck, shoulder and upper arm



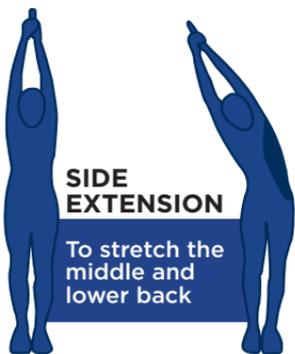
SHOULDER ACROSS

To stretch the shoulder muscles



BENEFITS OF REGULAR STRETCHING

- Increases flexibility and joint range of motion
- Improves circulation and blood flow to your muscles, preparing you for activity
- Helps keep your muscles from getting tight, allowing you to maintain proper posture
- Relaxes tight and tense muscles that often accompany stress
- Enhances coordination by maintaining range of motion in your joints, helping you keep better balance



SIDE EXTENSION

To stretch the middle and lower back



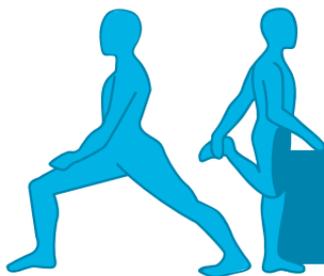
CALF STRETCH

To stretch the calves



UPPER BACK

To stretch the middle and lower back



QUAD & FLEXOR/LUNGE

To stretch the hips, knees, quads and Achilles



BACK EXTENSION

To stretch the lower back