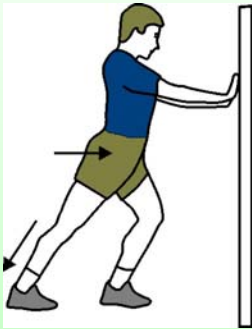


WARM-UP & COOL DOWN STRETCHES

To prevent injury and muscle soreness, it is important to always warm the body up gradually before entering the vigorous portion of a workout. Warm-up with at least 5 minutes of slow to moderate walking. This prepares the body for activity by increasing blood flow to working muscles and making the muscles, joints and tendons warm and flexible.

The following 4 stretches should be considered the bare essentials after a good warm-up or after going for a walk!



Calf Stretch

Stand facing a wall. Place one foot behind the other and outstretch arms to the wall. Plant your back heel on the floor and slowly lean into the wall until you feel a slight stretch. Hold for 15-30 seconds and repeat on the opposite leg.



Thigh Stretch

Stand close to a wall or stable support. With your hand, reach down and grab your foot. When balanced, slowly raise the up towards the lower back. Hold for 15-30 seconds and then repeat on the opposite leg.



Hamstring Stretch

With your back foot flat on the ground and back knee bent; keep your front leg straight and front heel planted on the ground. Reach down your extended leg with one hand until you feel a slight stretch behind your front knee. Hold for 15-30 seconds and then repeat on the opposite leg.



Hip Stretch

Sitting upright on a bench or stool, cross one leg over the opposite knee. Lean forward from the hips with your back straight until you feel a slight stretch in the hip and buttocks. Hold the stretch for 15-30 seconds then repeat on the opposite leg.

**Whatever your age...Wherever you are...
Getting "in motion" is good for your health!
Do it for life!**

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