

## Why Stretch?

Stretching is just about the simplest of all physical activities. It is the perfect antidote for long periods of inactivity and holding still. Regular stretching throughout the day will:

- Reduce muscle tension
- Improve circulation
- Reduce anxiety, stress and fatigue
- Improve mental alertness
- Reduce the risk of injury
- Make your work easier
- Tune into your mind into your body
- Make you feel better!

*\*If you have an injury or any type of recurring soreness, see a doctor or health care provider now.*

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### The right way to stretch

- Breathe easily
- Relax
- Tune into your body
- Focus on muscles and joints being stretched
- Be guided by the feel of the stretch
- No bouncing!
- No Pain!

### The wrong way to stretch

- Holding your breath
  - In a hurry
  - Bouncing
  - Stretching to the point of pain
  - Unfocused on your body
  - Thinking of other things
  - Going further than what feels good
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## How far should you stretch?

Your body is different every day. Be guided by how the stretch feels. Hold only stretch tensions that feel good. Relax while you concentrate on the area being stretched.

### Keep the following points in mind...

- Always stretch within your comfortable limits, never to the point of pain.
- Breathe slowly, rhythmically and under control. Do not hold your breath.
- Take your time. The long-sustained, mild stretch reduces muscle tension and tightness.
- Do not compare yourself with others. We are all different. Comparisons may lead to overstretching.
- If you are stretching correctly, the stretch feeling will slightly subside as you hold the stretch.
- Any stretch that grows in intensity or becomes painful means you are overstretching.