

# STRETCH OF THE MONTH



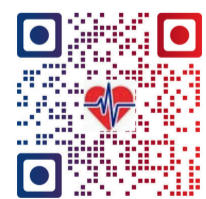
Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.



If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

## JULY: CALF STRETCH

- Stand close to a wall or chair and step one foot in front of the other. Keep your front knee slightly bent.
- Place both hands on the wall or chair for support and lean forward, with your back knee straight, and heel on the ground.
- You should feel tension along the lower part of your straightened leg.
- Hold, and then repeat on opposite side.



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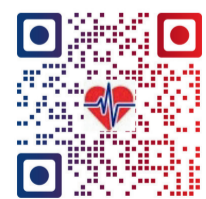
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## AUGUST: CHILD'S POSE

- Kneel on the floor, bring your feet together and open your knees wide.
- Sit back, bringing your hips and glutes toward your heels.
- Walk your hands out in front of you so that your chest lowers towards the ground.
- Breathe throughout the stretch and hold this position.



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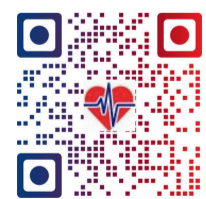
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## SEPTEMBER: HEEL RAISES

- Place one or both hands on a supportive surface for balance.
- Stand with equal weight on both feet. Raise both heels off the ground.
- Lower both heels simultaneously in a controlled manner.
- Repeat this 20 times to increase blood flow to the legs.



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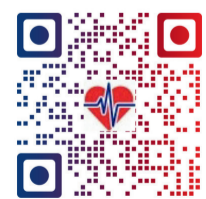
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## OCTOBER: COBRA

- Lie on stomach with your legs extended behind you.
- Place hands just below shoulders, palms facing down.
- Press palms against the floor to slowly lift your head, shoulders and chest, lift only to the point of mild tension. You may want to leave forearms touching the ground.
- Keep elbows back and soft and your head and neck aligned.
- Hold and then slowly return to the ground.



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## NOVEMBER: NECK ROLL

- Bring your chin to your chest and rotate from the neck, to bring your left ear towards your left shoulder.
- Keep your shoulders relaxed and down away from ears.
- Slowly return to the chin to chest position and rotate from the neck to bring your right ear towards right shoulder.
- Repeat back and forth, slow and controlled.

