



Stretch it SAFE

We never want to injure ourselves... especially when we are trying to do something good for our bodies. Here are some safety tips on stretching.



Relax your breathing and focus on sending oxygen to the muscles being stretched.

Do NOT bounce during your stretch. Stretch and hold. Give your muscles a chance to elongate and in result you will increase your flexibility.

If it hurts... stop you may be stretching too far... Listen to your body!

Hold each stretch for 30 seconds, relax and repeat.

Keep in mind, there are many stretches that you can use. I am giving you a safe basic guideline to follow.



with Mena Westhaver