

# STRETCH TO THE LIMIT

Chances are you probably feel stretched to the limit in your daily life, however, if you are not stretching regularly, you could be headed for an injury. Along with eating healthy, exercising and getting rest, stretching is another key activity to keep you flexible and can help your balance.

There are numerous stretches to focus on different body parts and a well-rounded routine is best. Regardless of the muscle or joint you are working on, follow the simple guidelines below to stay healthy.

## HOW TO STRETCH



Warm up your muscles with easy exercise.



Stretch slowly. Don't force yourself into a position that is uncomfortable.



Initially hold the stretch for 10 seconds. Gradually build to 30 seconds.



Breathe normally throughout the stretch.



Once your muscles are loose, enjoy your workout.



For best results, stretch every day of the week.



Keep knees slightly bent.



Never bounce while stretching.