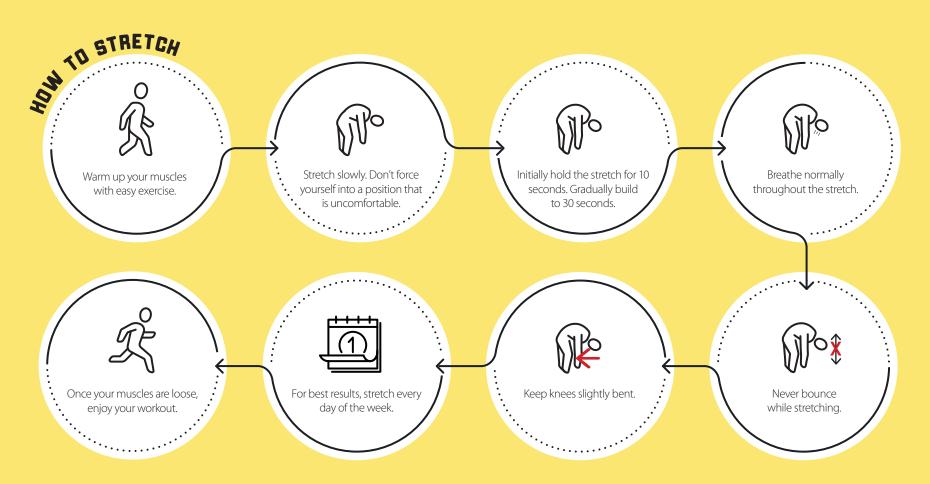
## STRETCH TO THE LIMIT

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.





Better Begins Here