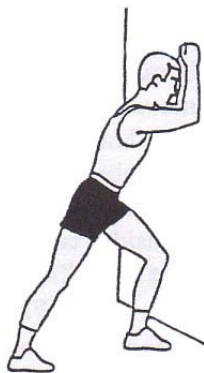


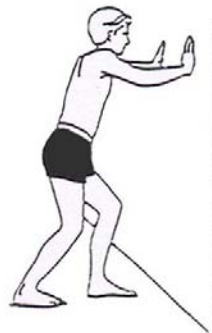
# EVERYDAY STRETCHES

Stretching on a regular basis is important to your overall health. Always stretch before and after a cardiovascular workout. Adding stretching before and after your workout can be beneficial for several reasons:

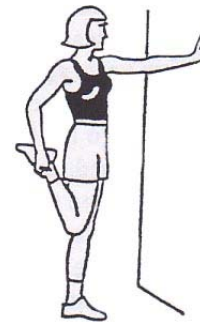
- As age increases, flexibility decreases
- Stretching helps prepare the joints for exercise
- Stretching reduces changes of muscle injury
- Stretching prevents muscle soreness
- Flexibility is a major component of overall fitness



**Calf Stretch**



**Achilles Stretch**



**Quadricep Stretch**



**Groin Stretch**



**Hamstring Stretch**



**Low Back Stretch**

- When performing your stretches, hold the position for a **minimum** of 30 – 45 seconds.
- **Do not bounce** (this inhibits the muscle from stretching properly).
- Perform each stretch 1-3 times.
- These exercises can be performed daily.