

# Guidelines for Stretching

- **Warm up.**

Walk in place for 3 to 5 minutes.

- **Hold.**

Hold each stretch for 15 to 20 seconds.

- **Position.**

Achieve the stretching position gently. Do not bounce, keep it steady.

- **Limits.**

Only stretch within your limits. If you feel discomfort, stop.

- **Breathe.**

Remember to breathe while stretching.

- **Remember.**

Stretch before and after your walks.

- **And...**

Stop to stretch for 5 minutes for every hour of walking.



01

## Arch Self-Massage

Using your thumb, rub the arch of one foot in a circular motion for 30 seconds.



02

## Ankle Roll

Rotate each ankle in a circle ten times in each direction.



03

## Achilles Crouch

Keeping your heel planted, lean forward from a crouching position. You're stretching the Achilles tendon, which runs down the back of the ankle to the heel.



04

## Lunge Stretch

In a lunge position, keeping your forward knee behind the forward ankle, lower your pelvis to the ground. Keep your head up, shoulders level, and eyes looking forward. This is for your groin and hips.



05

## Butterfly Stretch

Using your elbows, press your knees down toward the floor. This stretches your inner thighs and hips.



06

## Gluteus Stretch

Lying on your back, hug your knee toward your chest to stretch the muscles in your bottom.



08

## Seated Hamstring Stretch

Bending at the hips, lean forward reaching your hands toward your feet. This stretches the back of your thighs and lower back.



07

## Spinal Twist

Cross one leg over the other extended leg, planting the foot on the floor. Twist your trunk toward the crossed leg.



09

## Squatting Stretch

Keep both heels planted and lower your butt into a squatting position; hold the position.



10

## Calf Stretch

Using a support in front of you extend one foot 3 feet away from the support, with the heel firmly planted. Lean forward to stretch the calf of your extended leg, putting your weight over the bent leg.



11

## Quadricep Stretch

Bend one knee, grabbing the ankle or foot. Gently pull your heel towards your butt, stretching the front of the thigh.



12

## Back Scratch Stretch

Reach behind your head and grasp the opposite elbows, gently pulling it back and towards the centre of your body. This stretches the triceps, the muscles on the back of your arms.



13

## Shoulder/Chest Stretch

Interlock your fingers behind your back. Keeping your chest high and eyes looking forward, gently raise your arms.