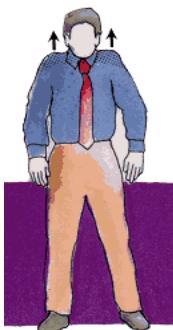


Standing Stretches

Do these stretches periodically throughout the day, especially if you're on your feet a lot!

Stretch #1

Sit or stand with arms hanging loosely at sides
Tilt head sideways -- first one side, then the other
Hold for five seconds
Repeat one to three times



Stretch #2

Sit or stand with arms hanging loosely at sides
Shrug shoulders up
Hold five seconds
Breathe
Relax shoulders downward
Stretches shoulders and neck

Stretch #3

Stand a little way from wall and place left hand on wall for support
Standing straight, grasp top of left foot with right hand
Pull heel toward buttock
Hold ten to 20 seconds
Repeat on other side
Stretches front of thigh (quadriceps)



Stretch #4

Stand and place hands just above back of hips, elbows back
Gently press forward
Hold ten to 15 seconds
Breathe easy
Keep knees flexed
Slightly lift breastbone upward as you hold stretch
Stretches chest (pectoralis)



Stretch #5

Stand with feet pointed straight ahead, a little more than shoulder-width apart

Bend right knee slightly and move left hip downward toward right knee

Hold ten to 15 seconds

Repeat on other side

If necessary, hold on to something (chair, etc.) for balance

Stretches inner thigh

Stretch #6

Stand a little way from wall and lean on it with forearms, head resting on hands.

Place right foot in front of you, leg bent, left leg straight behind you.

Slowly move hips forward until you feel stretch in calf of left leg

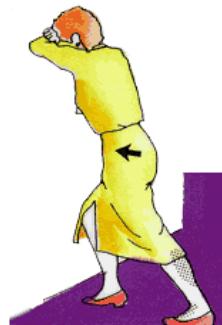
Keep left heel flat and toes pointed straight ahead

Hold easy stretch ten to 20 seconds

Do not bounce and don't hold your breath.

Repeat on other side

Stretches calf



Stretch #7

Place hands shoulder-width apart on wall

Bend knees; keep hips directly above feet

Lower head between arms

Hold stretch ten to 15 seconds

Stretches neck, shoulders, arms, and upper back

Benefits of regular stretching:

- Reduces muscle tension and makes your body feel more relaxed.
- Helps coordination by allowing for freer and easier movement.
- Increases your range of motion.
- Prevents injuries such as muscle strains.
- Develops body awareness. As you stretch various parts of your body, you focus on them and get to know yourself better.
- Helps loosen your mind's control of your body so that the body providing relaxation and other benefits.
- Promotes circulation and improves body alignment.
- It feels good.