

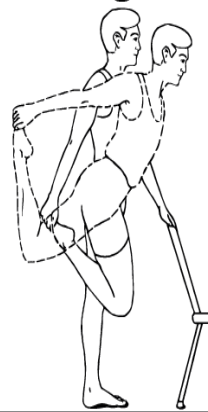
Stretching Before Walking or Exercising

Stretching Guidelines:

- Warm up your muscles for at least 5 minutes before stretching.
- Stretch to the point of tension, not pain.
- To help relieve fatigue, hold each stretch for ~20 seconds.
- Allow the body part to rest for 10-15 seconds between each stretch.
- Maintain the natural curves of your spine.
- Perform all movements slowly and under control.
- Breathe normally.

From starting position, raise leg until stretch is felt. Repeat with other leg.

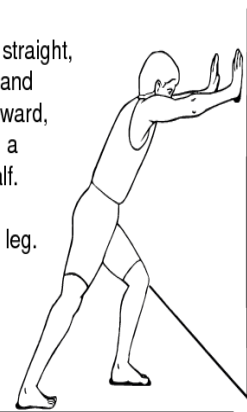
Repeat 2 times.
Do 1 session/day.



Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Repeat with other leg.

Repeat 2 times.
Do 1 session/day.



Grasping feet with hands and bending from hips, gently pull forward until stretch is felt.

Repeat 2 times.
Do 1 session/day.



Pull elbow behind head until stretch is felt. Repeat with other elbow.

Repeat 2 times.
Do 1 session/day.



With hands on ankle, pull head toward knee. Keep knee slightly bent. Repeat with other leg.

Repeat 2 times.
Do 1 session/day.



With hand behind knee, pull leg forward until stretch is felt. For a deeper stretch, move hands up the leg toward ankle. Repeat with other leg.

Repeat 2 times. Do 1 session/day.



Bring knee to chest and hold. For a deeper stretch, bring head to knee and hold. Repeat with other knee.

Repeat 2 times. Do 1 session/day.



Holding one foot with same-side hand, raise leg until stretch is felt. Repeat with other side.

Repeat 2 times. Do 1 session/day.

