

Flexibility - How to Stretch Well

- Move slowly into the stretch.
- Hold the stretch for a minimum of 30 seconds.
- Breathe and relax while holding the stretch. Visualize lengthening the stretch.
- Breathe in and try to push the stretch slightly further.
- Move slowly when releasing a stretch.
- Stretch both sides.
- Hold a stretch longer if one side is tighter.
- Don't overstretch (stretches should feel comfortable, not painful).
- Do it regularly!

STRETCHING
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Tips for Success!

