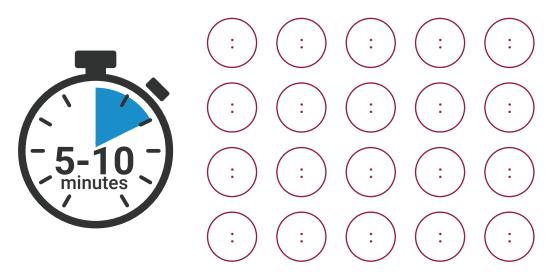




To complete this one-month stretching challenge, stretch for 5-10 minutes a day for 20 days. Record the amount of time you stretch in the circles below.



How to Stretch **WARM YOUR MUSCLES** up by doing a few minutes of light aerobic exercise or stretch after your regular aerobic or strength training sessions.

**SLOWLY STRETCH** a specific muscle and hold the position gently for 15-30 seconds. Do not bounce.

**RELAX AND BREATHE** deeply while you stretch. Concentrate on the muscles you are working. Stretching should be gradual and relaxed.

**START WITH THE NECK** and progress down to the feet. This enables you to take advantage of gains in flexibility from the previously stretched muscles.