



STRETCHING CHALLENGE

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.



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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.