



STRETCH FOR YOUR BEST



Today we learned the importance of stretching to increase flexibility! Stretching is important at any age. It can help prevent injury, ease sore or tight muscles, promote better posture and encourage a healthy lifestyle. Breathing deeply and stretching while stressed can help the body relax and improve circulation. Before stretching, warm up by doing some slow, whole body movements, like going for a 5 minute walk or marching in place, so muscles are easier to stretch. Stretch to the point of gentle pull, not pain. Stretching should feel good. Some Community Education classes have yoga or stretching classes that can help introduce your family to stretching for life.

AT HOME ACTIVITY



Anytime is a great time to stretch. Here are some simple stretches to start with:

1. Toe touches. Reach down and touch your toes or go as

far as you can. Try sitting on the floor with legs straight out in front of you.

2. Neck half-circles. Stretch one ear to one shoulder, circle around, chin to chest, to the other shoulder. Repeat.
3. Shoulder circles. Shrug shoulders and rotate five times both forwards and backwards.
4. Side Bends. Stand up straight, with arms down to side. Slowly reach fingers down to outside of knee, bending at the waist, alternate sides. Repeat 10 times on each side.

PRACTICE BEING PRESENT

Many of us move through our lives without ever slowing down to notice how we are doing. When you go to bed tonight, try this mindfulness technique.

After you lie down, rest your hands on your stomach. Feel or watch your hands move as you breathe in and out. If you notice yourself being distracted congratulate yourself for noticing your focus has shifted and simply take your attention back to your hands and continue to observe them for several minutes.

