

STRETCHING TIPS

Hold each stretch for roughly 40 seconds. If an area feels particularly tight, try and stretch it 2-3 times.

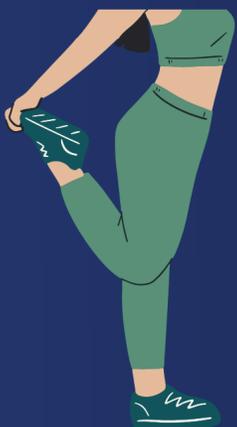


Side and Upper Back Stretch

Stand with your feet hip-width apart and clasp your hands above your head. Gently lean your body to one side for a few seconds. Then reach forward, bending from your middle back. Stretch with your hands forward at shoulder level. You should feel these stretches along the side of your body and between your shoulder blades.

Shoulder Stretch

Bring your left arm across the front of your body at about chest height. Support your left arm with the elbow crease of your right arm or use your right hand to hold your left arm. Stretch out your shoulder and continue to face forward. Hold this stretch for 30 seconds.



Quad Stretch

Stand up straight and hold onto the wall or a chair if you need to. Keep your feet hip-width apart. Reach back and grab your left foot with your left hand. Keep your thighs lined up next to each other and your left leg in line with your hip.

Other potential Stretches:

Hamstrings, Calf, Sideways Neck, Cobra Stretch, Side Lunge Stretch, Glute Bridge or Butterfly Stretch.

ON WALK DAY



Warm-up

Make sure to do a few stretches to warm-up before you begin walking.



Build Slowly

Start at a speed that suits you. Only when you feel comfortable you can increase the pace gradually.



Cool Down

It is always important to cool down after a long walk. Get something to drink and do some stretches.