

take
10

- stretch 
- walk 
- strength 
- mindfulness 
- kindness 



Stretching Activity Guide

Directions

- + Complete each stretch 2-3 times while holding each stretch for 20-30 seconds each.
- + Perform each stretch bilaterally.
- + Stretch until you feel a slight discomfort but no pain.

Benefits

- + Increase Flexibility & Range of Motion
- + Improve Posture
- + Help Reduce or Manage Stress
- + Reduces Muscular Tension and Enhances Muscular Relaxation
- + Promotes Circulation

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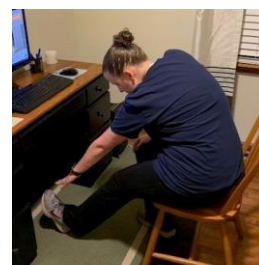
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Stretch #1: Seated Hamstring



Sit at the edge of your seat with your back straight and feet flat on the floor. Extend one leg with your heel on the floor and knee straight. Gently lean forward until a stretch is felt behind your knee/thigh. Repeat on the other side.



Stretch #2: Forward Fold



Simply fold forward over your legs, keeping both feet flat on the floor. If you can, flex your hands and try to touch the floor.



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Stretch #3: Glut with Rotation



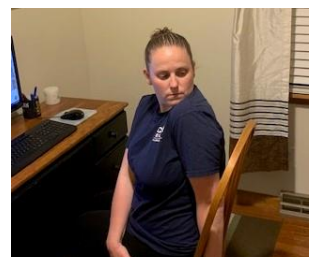
Sit upright in a chair with your feet flat on the floor. Bring your left leg over the right. Take your right elbow and place it over your left upper thigh as you slowly rotate your torso. Repeat on the other side.



Stretch #4: Seated Trunk Rotation



Sit upright in a chair with your feet flat on the floor. Twist your upper body to one side while trying to keep your hips in one spot. You can use the back of the chair to pull and get more of a stretch, if needed. Repeat on the other side.



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Stretch # 5: Quadriceps

 Sit on the left side of the chair with your left leg hanging to the side. Take your left hand and grab your ankle, pants or sock. Gentle pull your leg towards your bottom and hold. Repeat on the other side.

 Stand near a chair or wall in case you need support. With your left hand grab your ankle, pants, or sock. Gently pull your leg towards your bottom and hold. Repeat on the other side.



Stretch # 6: Chest Stretch

 Seated or standing, interlock your fingers, bend your elbows and place your hands behind your head. Gently squeeze your shoulder blades together and move your elbows backward.



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Stretch #7: Wrist & Forearm

 Hold the upper part of your right hand with the left hand, slowly bend wrist down and then upwards until stretch is felt at each extreme. Repeat with other hand.



Stretch #8: Single Arm & Shoulder

 Seated or standing, extend your right arm straight across your body. Keeping that arm straight, take your left arm and gently pull it across your body. Try not to turn your torso while pulling your arm across your body. Repeat with other arm.

