



STRETCH CHALLENGE

Don't allow body stiffness and discomfort to control your wellness journey. Improve your flexibility now.

Why should I stretch?

Stretching is a form of exercise to increase flexibility. Often overlooked, flexibility is an important component of physical fitness, as it increases the range of motion of a joint.

Sedentary lifestyles reduce range of motion, which can lead to stiffness and pain. Increased flexibility improves physical performance and decreases risk of injuries.

Stretch exercises help increase blood flow to the muscles, as well as lengthen muscles and tendons. They help the body move freely without feelings of tight and shortened muscles due to inactivity, post-physical activity or aging.

Exercises for flexibility should be included as part of any fitness program to maintain muscular strength.

Stretching in general is encouraged to ensure a better quality of life.

Join the 10-Day Stretch Challenge and try a new stretch every day.

For each stretch below, hold for 15 to 30 seconds and repeat two to three times. Be sure to stretch both sides of the body equally.

Can you commit to stretching for 10 days straight?

Stretching 101

Static stretches are those in which you hold a single position for a period. You should feel the stretch, but you shouldn't experience any discomfort. Static stretching is considered the safest stretching method.

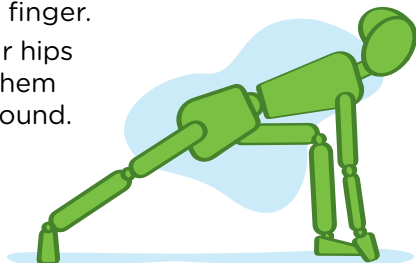
- Stretch only after warming up or exercising, when muscles are warm.
- Repeat each stretch two to three times, working both sides of the body equally.
- Hold each stretch for 15 to 30 seconds.
- Don't stretch to the point of pain.
- Breathe freely.
- Don't bounce.
- Stretch major muscle groups and joints exercised.

Day 1

Runner's Lunges

Hip flexors, calves and quadriceps (front of legs/thighs)

1. Begin in a plank position.
2. Step your left foot forward next to your left pinkie finger.
3. Relax through your hips and back, letting them sink toward the ground.

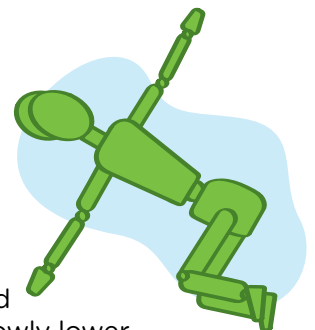


Day 2

Trunk Rotations

Obliques

1. Lie on your back with your arms outstretched, knees bent and feet flat on the floor.
2. Keeping your shoulders and upper body on the floor, slowly lower your knees to the side and hold.
3. Slowly rotate your knees to the other side and hold.

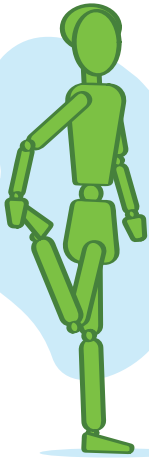


Day 3

Standing Quad Stretch

*Quadriceps
(front of legs/thighs)*

1. Stand with your feet together.
2. Bend your right knee and use your right hand to pull your right foot toward your glutes.
3. Squeeze your glutes to increase the stretch in the front of your legs.

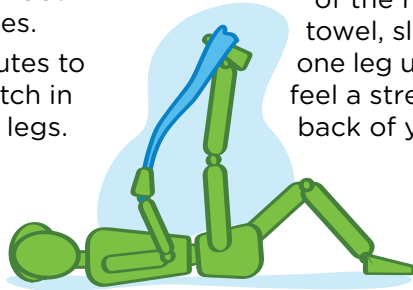


Day 4

Lying Hamstring Stretch

Hamstrings and lower back

1. Lie on your back and bend both knees.
2. Wrap a rope or towel around one foot.
3. While holding both ends of the rope or towel, slowly lift one leg until you feel a stretch in the back of your leg.



Day 5

Child's Pose

*Neck, shoulders, back,
hips and glutes*

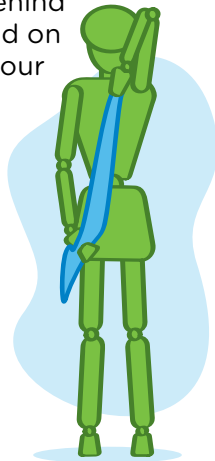
1. Kneel on your mat with your knees wider than hips-width apart and your feet together behind you.
2. Sit back on your heels and fold forward, resting your belly on your thighs. Extend your arms forward and rest your forehead on your mat.
3. Gently press your chest and shoulders toward the ground to deepen the stretch.

Day 6

Overhead Triceps and Shoulder (Towel) Stretch

Deltoids and triceps

1. Stand or sit upright. While holding one end of a towel, bring one arm overhead and drop your forearm behind you, resting your hand on your back between your shoulder blades.
2. Put your other arm behind your back and grab the other end of the towel.
3. Stretch your top arm behind your head by pulling the towel down toward the floor with the hand of your bottom arm. Keep the elbow of your top arm as close to your ear as possible.

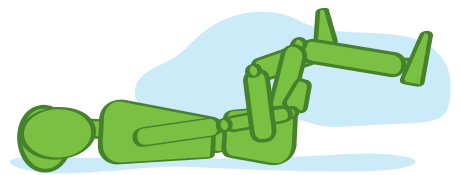
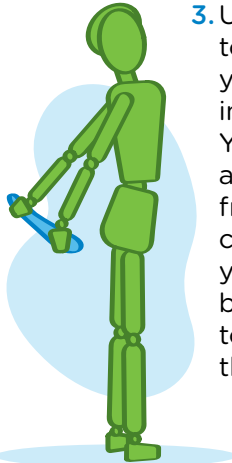


Day 7

Pectoral (Chest) Stretch

Chest and shoulders

1. Stand upright and hold a towel behind your back, holding the ends with both hands.
2. Lift the towel up behind your back.
3. Use the towel to gently pull your shoulders into extension. You should feel a stretch in the front of your chest. Squeeze your shoulder blades together to maximize the stretch.



Day 8

Figure Four Stretch

Hips, lower back and glutes

1. Lie on your back.
2. Cross your right foot over your left quad and bend your left knee.
3. Hold the back of your left leg and gently pull it toward your chest.

Day 9

Plantar Flexion

Calf muscles and Achilles tendon

1. Sit down with your feet flat on the floor.
2. Extend one leg, and wrap a rope or towel around your foot.
3. While holding both ends of the rope or towel, slowly point your foot forward.



Day 10

Good Mornings

Hamstrings and glutes

1. Stand with your feet hips-width apart, and place your hands behind your head with your elbows opened wide.
2. Bend forward at the hips until your back is almost parallel to the floor. Keep a slight bend in your knees as you bend forward.
3. Return to standing, squeezing your glutes when you are upright.

