

# Every Day Stretches

## Lower body

Tips for safe stretching: warm up first, no bouncing, breathe normally, hold each stretch for about 30-60 seconds and only stretch to the point of mild discomfort.

### Side Bends

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips.
- Bend slowly to one side, come back to the vertical positions and then bend to the other side.
- Do not lean forward or backwards.
- You should feel the stretch on your sides.

### Hip and Thigh Stretch

- Stand with your feet together.
- Take a large step forward and bend your knees to lower your rear-most knee to the floor.
- Place your hands on your front knee.
- Slide your rear foot backward until you feel the stretch in your hips and thighs.
- Keep your body upright during the stretch.
- Repeat with the other leg.

### Calf Stretch

- Stand holding onto a wall or stable surface with your toes pointing straight ahead. Place the leg to be stretched behind you.
- Lean your body forward, keeping your back and the leg you are stretching straight. Keep your heel on the floor.
- You should feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

### Inner Thigh Stretch

- Stand with your feet together and then move one foot about twice the width of your hips.
- Keep the knee straight of the leg you wish to stretch and bend the other knee, shifting your body weight over your bent knee.
- Place your hands on your thigh or bent knee for stability.
- Hold and then straighten your bent knee back to a standing position.
- Repeat with the other leg.

### Quadriceps Stretch

- Stand at arm's length from a wall or stationary object for balance.
- Place your right palm on the wall or grasp the stationary object.
- Bend the left leg at the knee and grasp the front of your left ankle.
- Stand tall, lifting your chest, exhale as you point your left knee straight down toward the floor.
- Switch and repeat with the other leg.

