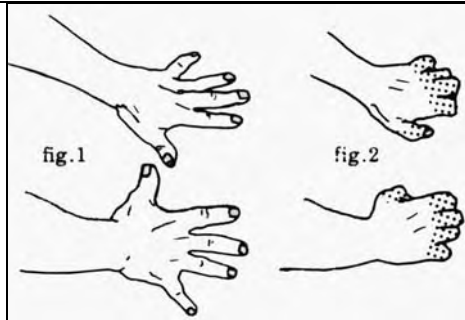


STRETCHES

Stretching reduces tension, increases blood flow, and will gradually improve flexibility. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Stretching should be done slowly without bouncing.

HOW TO STRETCH: Stretch to where you feel a slight, easy stretch. Hold the stretch for 10 seconds. The feeling of tension should diminish. If it doesn't, ease off slightly into a more comfortable stretch. After holding the easy stretch, you can move a fraction of an inch farther into the stretch until you feel mild tension. Again, the tension should diminish or stay the same. If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. **NEVER HOLD A STRETCH THAT CAUSES PAIN** Don't worry about how far you can stretch. Note: If you have had recent surgery, or have a muscle or joint problem, please consult your health care professional before starting a stretching program.



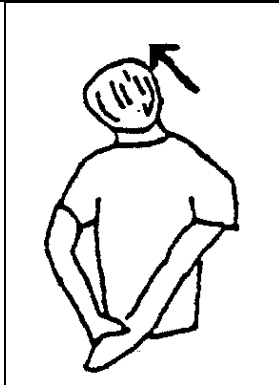
1. Finger Fan: Separate and straighten your fingers until you experience tension in your hands. Hold for 10 seconds. Relax, letting your fingers fall into a natural curve. Then, bend your fingers at the knuckles (make a fist), and hold for 10 seconds. Repeat once more.



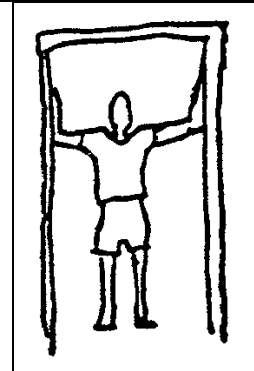
2. Shoulder Rolls: DO NOT elevate your shoulders. Pull them back and gently force them down. You can also rotate your arms out and squeeze your shoulder blades together for a bigger stretch.



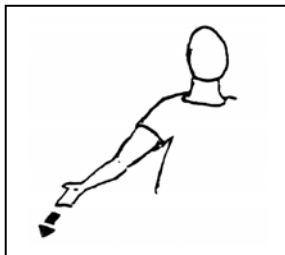
3. Neck Rotation: Start with your head directly over shoulders. Keeping your shoulders down, turn your chin toward your left shoulder. Hold stretch for 10-20 seconds. Turn chin to right shoulder. Hold for 10-20 seconds. Repeat twice.



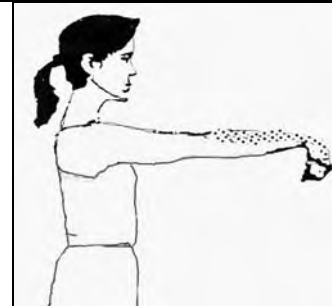
4. Ear to Shoulder. Drop your head sideways so that your ear moves toward your shoulder. Gently pull your arm across your body to increase the stretch. After 10 seconds, with your ear to your shoulder, drop your nose to your toes to stretch the back of your neck. Hold for 10 seconds. Then tilt your head to the other and repeat.



5. Doorway Chest Stretch: Put hands on doorjamb. Carefully lean through the door to stretch your chest. Hold for 10 seconds. Try with hands higher and lower. This can be done one arm at a time on any wall, too.



6. Flexor Stretch: Rotate your arm so your palm is facing up. Open your hand and fingers and extend your hand, so your fingers point to the floor. For a greater stretch, gently pull your hand down with your other hand. Your arm should be fully extended.



7. Extensor Stretch: Bend wrist forward, keeping your elbow straight to stretch the top of your forearm. Keep your shoulders down and tuck your chin. Pull hand down with other hand for a more intense stretch.