

5 STRETCHES YOU SHOULD DO EVERY DAY

A DAILY STRETCHING REGIMEN PROVIDES LASTING EFFECTS.

INCREASE
FLEXIBILITY

IMPROVE
BALANCE

RELIEVE
MUSCLE
TENSION

IMPROVE
POSTURE

INCREASE
BLOOD
FLOW



**DOWNWARD
DOG**



**STANDING CALF
STRETCH**



CHILD'S POSE



**CAT
STRETCH**



**FLOOR HAMSTRING
WITH STRAP**

EASE INTO EVERY
STRETCH UNTIL YOU
KNOW YOUR
INDIVIDUAL
TOLERANCE.

IF YOU HAVE ANY
HEALTH ISSUES, TALK
WITH YOUR DOCTOR
BEFORE BEGINNING A
STRETCHING
REGIMEN.

THESE ARE GREAT
STRETCHES TO START A
REGULAR ROUTINE THAT
WILL HAVE A POSITIVE
IMPACT ON YOUR
FITNESS & FLEXIBILITY.



BAPTIST HEALTH®

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MAYO CLINIC HEALTH, DAILY BURN

Stretching For Health And Fitness Time Life Health Fact Spiral Bound

Jianjun Gao



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