

## How to Stretch

Before you begin to exercise each time, you need to stretch the muscles you will use to increase their flexibility for movement. These stretches work your major muscle groups and get you ready for the exercise activity you are about to do. These stretches are also beneficial during cool down.

### **Stretches** **While Lying** **Down**

#### **Ankle Pumps**

Lie flat on the floor. Pump one foot by pointing your toes away from your body and the back toward the ceiling. Repeat with the other foot.

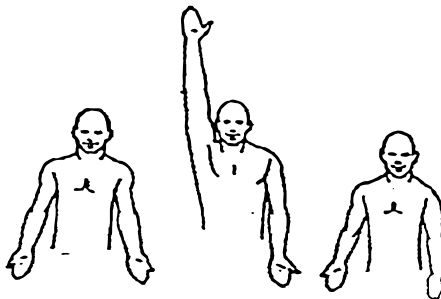
These pumps can be done in a sitting position also. Point your toes toward the floor and then toward the ceiling.



### **Stretches** **While Sitting**

#### **Arm Raise**

Raise one arm above your head as high as possible. Slowly lower your arm to your side. Repeat with the other arm.

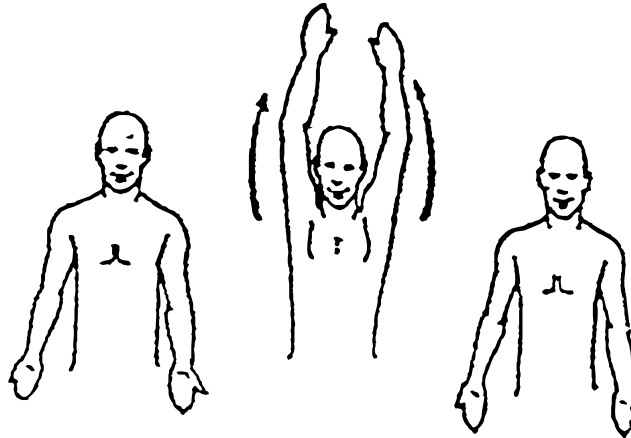


*(Adapted with permission from the Practicing Physician Education Project 2006)*

## How to Stretch

### Double Arm Raise

Raise both arms above your head. Slowly lower your arms to your sides.

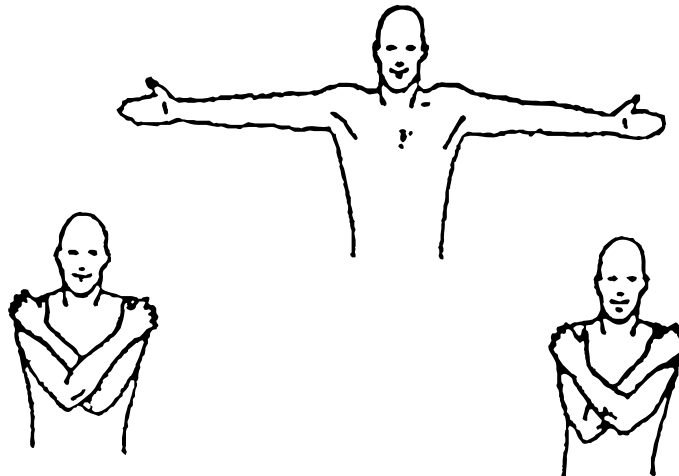


### Stretches Arm Hug

#### While Sitting

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Spread your arms out. Then give yourself a hug. Repeat.



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## How to Stretch

### Arm Cross

Cross your arms in your lap. Uncross your arms as you lift them up and out. Slowly lower and re-cross your arms.



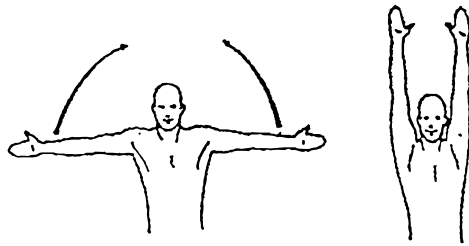
### Stretches

#### While Sitting

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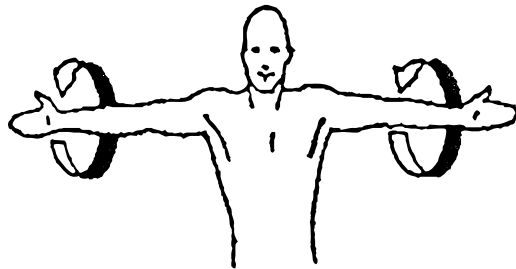
### Side Arm Raise

Start with your arms out to your sides, at shoulder height. Lift your arms out above your head and back down.



### Arm Circles

Lift arms out to your sides, at shoulder height. Keeping your arms at shoulder height, circle them forward and then backward.



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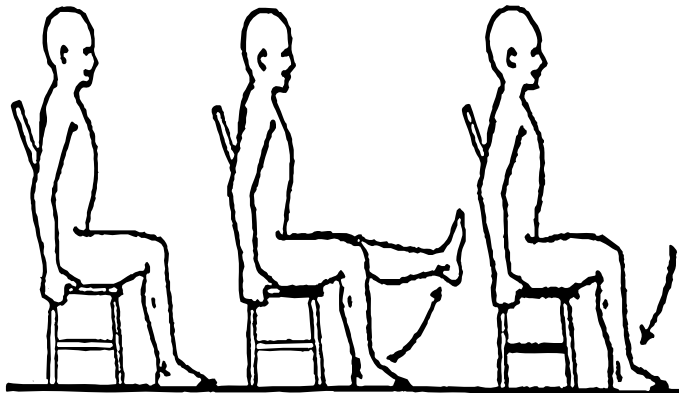
## How to Stretch

### Stretches Leg Lifts

#### While Sitting

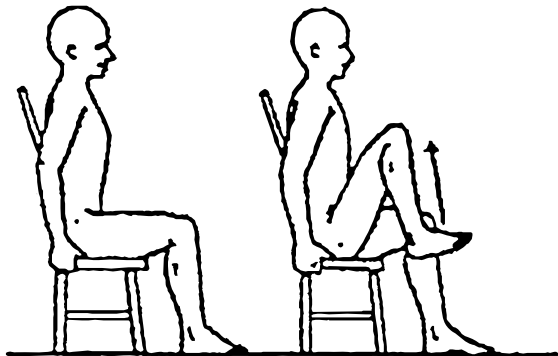
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Extend one leg straight out, and then slowly lower the leg. Repeat with the other leg.



### Knee Lifts

Raise one knee toward your chest, and then lower it to the floor. Alternate knees as if you are marching in place.



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