

STRETCHES

EVERYDAY (MODERATE)

WHILE STRETCHING:

Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



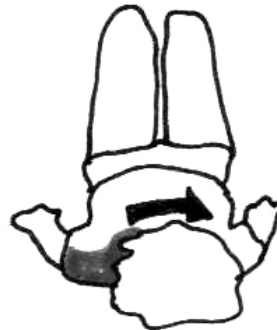
1. Lie on your back with feet together, allowing your knees to gently drop to the floor, opening your pelvic muscles. Relax and breathe for 30 seconds.



2. Still lying on your back, fold your hands behind your neck. Upon exhale gently and slowly pull your neck towards your knees without lifting your shoulders off the ground. Hold for 20 seconds, lower to ground and repeat.



3. Lying on your back with your knees bent, become aware of the space between the small of your back and the floor beneath you. Gently press this part of your spine towards the floor. Hold for 15 seconds, release and repeat.



4. Continue lying on your back with your arms at your side, roll your head to the right and look out past your right shoulder, allowing your chin to fall towards the floor. Hold for 20 seconds and repeat on the opposite side.

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RECOMMENDATIONS

client name: _____

date: _____

spa partisan: _____

suggestions: _____

notes: _____

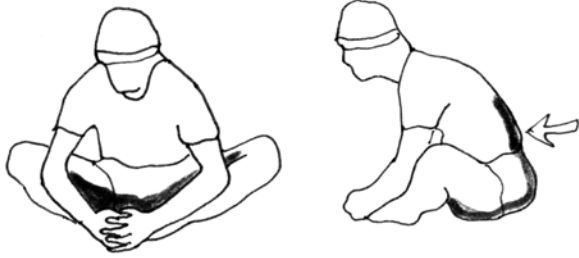
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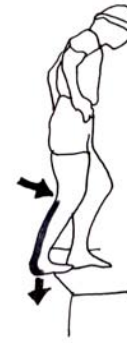
STRETCHES EVERYDAY (MODERATE), CON'T



5. Sitting with legs in a 'butterfly' position and feet together, lean forward towards the ground. This should gently open the muscles in the pelvis and lower back. Hold and relax without bouncing for 30 seconds.



6. Holding onto a fixed object, bend your leg and hold it with the opposite hand. Keep your upper legs parallel to one another. Pull further to find a deeper stretch. Hold for 20 seconds and repeat on the opposite side.



7. Stand on the edge of a curb. Allow your ankle to descend below the drop-off, giving a good stretch to the achilles tendon and back of the lower leg. Hold for 20 seconds but do not bounce. Repeat on the opposite side.



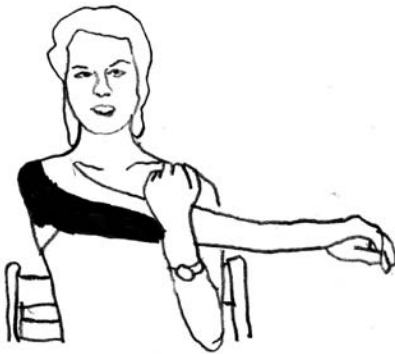
8. Leaning against a wall, rest on your forearms with one foot slightly in front of the other. Press one hip out to the side until you reach a good stretch on the outside of your hip. Repeat on the opposite side.



9. While standing, roll your neck down and tuck your chin into your chest until you feel a good stretch in the back of your neck. Hold for 30 seconds.



10. While seated in a chair, hold the chair with your left hand to both stabilize your shoulder and keep it down. Look straight ahead and place your right hand on top of your head and gently pull down towards your right shoulder. Hold for 10 seconds and repeat on the opposite side.



11. Bring your arm across your chest while keeping the shoulder down. Pull the arm in closer to your chest with the opposite hand. Breathe and hold for 10 seconds repeat on the opposite side.



12. Outstretch your arms above your head and interlace your fingers. Press your hands toward the ceiling with your palms facing upwards. Hold for 20 seconds and repeat.

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