

# I WILL

## Stretch for Success

**?** Did you know? Stretching protects flexibility, the key to future mobility, healthy joints and injury prevention.

### Stretch for Better Flexibility

Try to stretch every day with this routine:

- >> Walk 5 minutes to warm up your muscles for easier stretching.
- >> Stretch slowly until you feel a little tightness; hold for 10 seconds.
- >> As you hold the stretch, feel the muscle relax and hold through that point.
- >> Don't bounce or jerk or force joints past their normal range of motion.

**Tip:** Learn to relax while you stretch. Stretching should ease muscle tension and feel good.



healthy  strides

A WALK-FOR-WELLNESS PROGRAM™

"THE VALUE OF IDEALS LIES IN THE EXPERIENCES TO WHICH THEY LEAD."  
JOHN DEWEY, PHILOSOPHER