

## Head to Toe Stretch

### Stretching is essential for maintaining good joint and muscular health.

The consequences of overuse, injury and aging will limit your ability to maintain full range of motion and can ultimately impede function. Stretching should be conducted on a regular basis, a minimum of three times per week. In the event of arthritis, stretching can be done daily to improve range of motion.

Stretching is vital when renewing the body. It will improve joint function by stretching muscles and stimulating the joint, producing synovial fluid to lubricate the joint. Drink lots of water to insure hydration.

### Stretching guideline:

Should you suffer from severe joint disease, please consult your physician prior to participating in any stretch program. Minor joint pain should not prohibit you from stretching, proceed with caution and you will experience benefit from daily stretches.

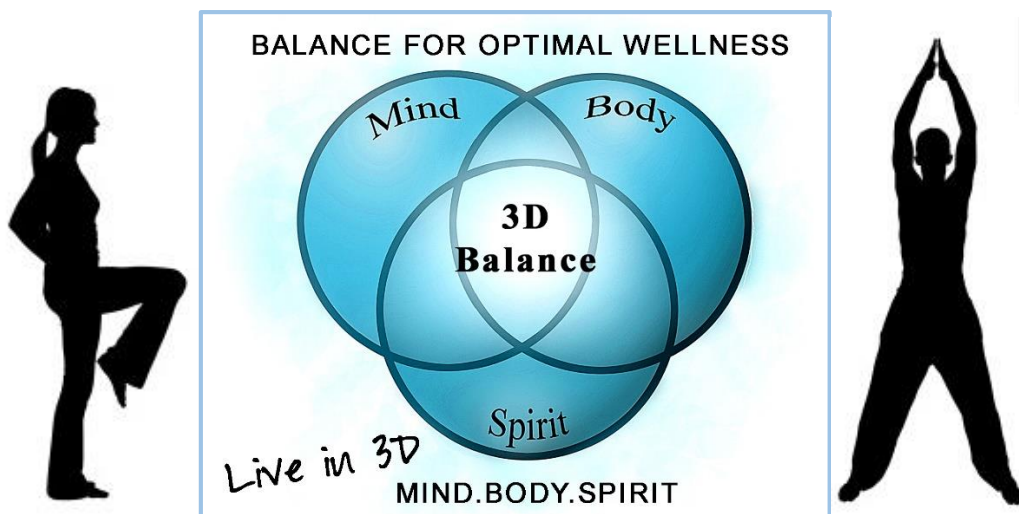
### Suggestions for stretching:

- Move slowly through a stretch.
- Take your joint to full range of motion.
- If there is pain decrease stretch slightly until pain disappears.
- Hold stretch for 10-30 seconds.
- If you feel your joints and muscles relaxing, increase the stretch a little at a time.
- Do not move quickly and do not make short jerking motions during a stretch.
- Remember to breathe, inhaling all the way into the diaphragm and then out.

### In addition to stretching, “Live in 3D” - Balance MIND.BODY.SPIRIT to experience optimal wellness

Move your Body | Renew your Mind | Awaken your Spirit

Please be sure to move/stretch your body, renew your mind, and be alive with spirit on a daily basis.



The following stretches are provided for educational purposes only. Consult your healthcare provider for clinical advice.