**Stretch Your Way to a Healthier You**

The Benefits of Stretching

- Posture improves.
- Stress is relieved.
- Low back pain may be relieved.
- Range of motion of joints improves.
- Daily tasks for muscles become easier.
- Circulation improves to help in muscle recovery.

**American College of Sports Medicine Guidelines for Stretching**

- Stretch major muscle groups 3 x a week to a point of mild discomfort without pain.
- Hold each stretch for 10-30 seconds and repeat 3-4 times for each muscle.
- Avoid bouncing while stretching.

Here are a few stretches for major muscle groups. Better results may occur when muscles are warm, so do a few minutes of activity or exercise before stretching.

### Calf Stretch
![Calf Stretch Image]

### Hamstring Stretch
![Hamstring Stretch Image]

### Quadriceps Stretch
![Quadriceps Stretch Image]

### Chest Stretch
![Chest Stretch Image]

### Tricep Stretch
![Tricep Stretch Image]