

"Individuals can expect to lose 40% of their flexibility between the ages of 20 & 70".
American College of Sports Medicine, 1995

TRY TO STRETCH AS MUCH AS YOU CAN DURING THE DAY.

Focus on your breathing, take slow deep breaths and take the stretch a bit further as you exhale. Hold the stretch for between 30 seconds and three minutes. Take the stretch to the nudge point, not to the 'ouch' point!. Always stretch the muscles that you have exercised. Move the stretch about, as you often have different parts of the muscle attaching to different parts of the limb, and it is important to stretch the whole muscle.

STRETCHES FOR THE OFFICE

CALF STRETCH

One foot in front of the other, with the weight on the back leg keeping the back heel on the ground try to push the back knee forwards you should feel a stretch deep in the calf.



THIGH/QUAD STRETCH

Standing on your right leg, grab the ankle of your left leg and pull it towards your left buttock. To increase the stretch, push your hips forward. Hold on to something or someone to stay steady.



UPPER BACK STRETCH

Standing tall, clasp your hands together in front of you, pushing your hands away from your body. Roll your shoulders forward, trying to open up your shoulder blades and the muscles around your upper back.



STANDING SIDE STRETCH

Start standing straight with your right foot crossed over behind your left foot. Take your right arm and reach above your head and lean over to your left hand side. Reverse the position of your feet and do the movement to the other.



HAMSTRING

Place your right leg straight ahead of you and place your weight on your left leg, which should be bent. Tilt forward at your hips and you should feel a stretch in the back of your right leg.



CHEST STRETCH

Standing tall, clasp your hands together behind you and push them away. Rolling the shoulders back trying to open up your chest.



STRETCHES AT HOME



LYING LOWER BACK STRETCH

Start lying on your back, with your arms out in a cross. Bend your knees towards your chest and drop your legs over to one side. Gently kick the top foot up to your hand and, if you can, grab the foot. Hold. Raise your legs back to the central position and repeat the movement to the opposite side.

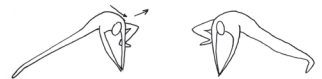


GLUTEUS

Take your right foot onto your left knee, then bend your left leg stretching your right foot into the chest area, feeling a stretch in your right buttock.

WHOLE BACK STRETCH

Holding onto a bar, or the back of a bench, bend your knees to hang away from your arms to feel the stretch in your back. Then swing your bottom to one side and feel the stretch on one side of your back. Then swing your bottom to the other side to feel the stretch on the other side.



ABDUCTOR OR GROIN STRETCH

Place your legs wide apart and move all your weight onto your right leg. Trying to keep your right heel on the ground, lean out over the right knee and you'll feel a stretch on the inside of the left thigh. Do the same movement on your other leg.