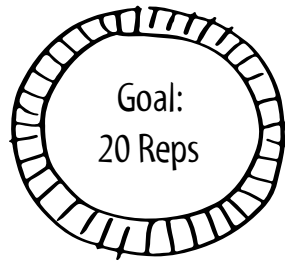
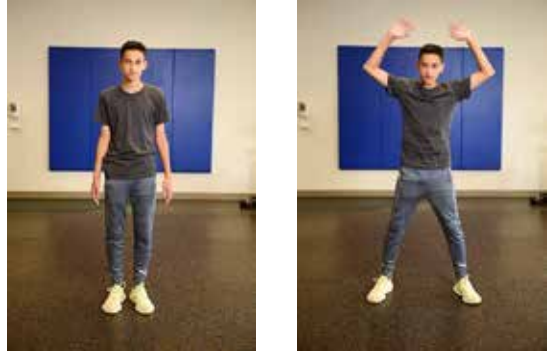


Make stretching part of your daily activity

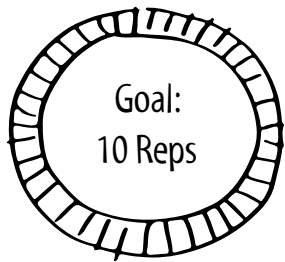
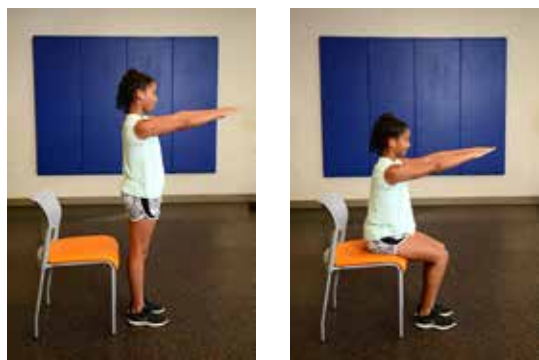
Active stretches

Jumping jacks



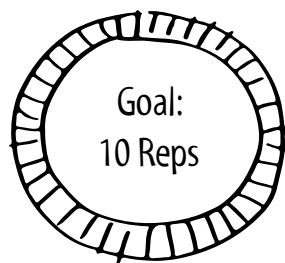
Setup: Begin in a standing upright position. **Movement:** Start doing jumping jacks, raising hands over head and jumping with feet wide at the same time. **Tip:** Land softly with each jump.

Sit to stand without arm support



Setup: Begin by sitting upright on a chair with feet slightly wider than shoulder width apart. **Movement:** Reach out and lean forward at hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of movements to return to seated position. **Tip:** Keep knees from collapsing inward during the exercise.

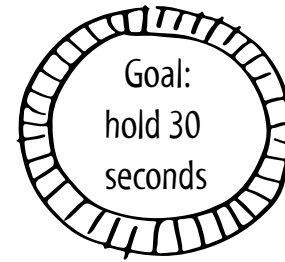
Wall push up



Setup: Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height. **Movement:** Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position. **Tip:** Bend only at the elbows and keep the rest of your body straight during the exercise.

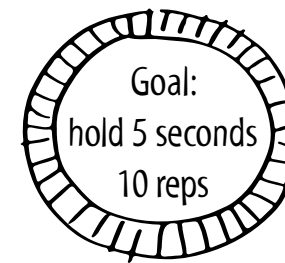
Stretches after sitting

Standing forward trunk flexion



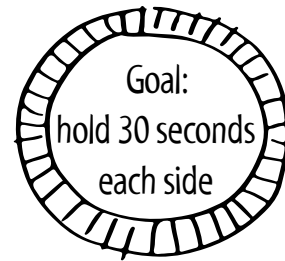
Setup: Begin in a standing upright position. **Movement:** Slowly reach hands toward your feet, hinging at hips until you feel a stretch in the back of your legs and hold. **Tip:** Keep knees straight without locking them during the stretch.

Wall angels



Setup: Begin in a standing upright position with back against the wall. **Movement:** Raise arms out to the side with elbows bent to 90 degrees, and rest them against the wall. Slowly slide arms straight up the wall, then lower them back to the starting position. **Tip:** Keep back and arms in contact with the wall, and do not shrug shoulders or arch lower back during the exercise. Only raise arms as far as possible without pain.

Seated reach



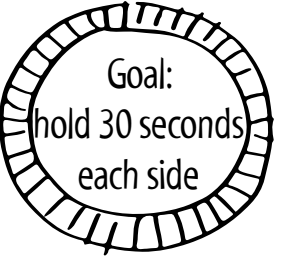
Setup: Begin sitting upright in chair. **Movement:** Slowly reach both arms overhead. Reach backward with one arm, rotating upper back. Return to the starting position and repeat on the other side. **Tip:** Move within a pain-free range of motion and do not shrug shoulders during the exercise.

Everyday stretches

Standing hamstring stretch



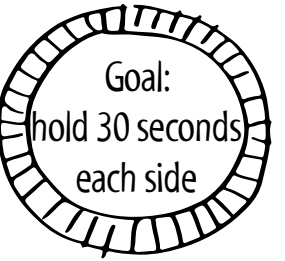
Setup: Begin in a standing upright position with a chair or step in front of body. **Movement:** Lift one leg to rest heel on the chair with a very slight bend in knee. Bending at hips, rotate pelvis until you feel a stretch. **Tip:** Keep back straight during the stretch.



Standing quadricep stretch



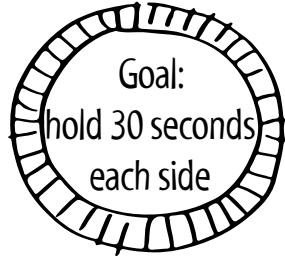
Setup: Begin in a standing upright position. **Movement:** Bend one knee and grasp foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of thigh and hold. **Tip:** Keep back straight and maintain balance during stretch.



Standing calf stretch



Setup: Begin in a standing upright position with a chair in front of you. **Movement:** Place hands on the chair and slide one leg straight backward, bending front leg until stretch is felt in the calf of back leg and hold. **Tip:** Keep heels on ground and back knee straight during stretch.



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Make stretching part of your day. Stretching after sitting can help get your blood moving, increase your heart rate and energize your brain. Stretching goes a long way toward preparing your body for exercising, both physically and mentally. It also helps prevent injuries when done correctly.