

10 STRETCHING TIPS

- 1** Warm up muscles before stretching by walking or doing other gentle movements.
- 2** Start slow and stretch gently. Never stretch to the point of pain.
- 3** Breathe slowly and rhythmically as you stretch.
- 4** Use proper posture when stretching.
- 5** Slowly increase your stretch as you feel your muscles relax. Don't bounce.
- 6** Hold each stretch for about 20 to 30 seconds.
- 7** Try stretching while talking on the phone, reading email or doing chores.
- 8** Stretch with a buddy. Use each other for resistance, but be gentle.
- 9** Set reminders to stretch. Use your online calendar or watch alarm.
- 10** Keep a copy of these stretching tips handy.

Post them near your computer or by the TV and keep a copy in your wallet.

It's simple, easy and only requires a few moving parts . . . you and maybe some friends!

A PROJECT OF COLUMBIA UNIVERSITY MAILMAN SCHOOL OF PUBLIC HEALTH, JOHNS HOPKINS BLOOMBERG SCHOOL OF PUBLIC HEALTH AND SYRACUSE UNIVERSITY NEWHOUSE SCHOOL OF PUBLIC COMMUNICATIONS

**Healthy
Monday** 
The day all health breaks loose