




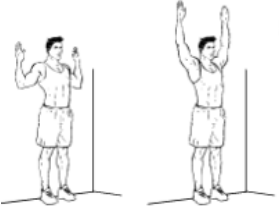



# HEALTHY FAMILIES COACH

## Stretching - home

How often can you do this?

Exercises	Notes	Time	Intensity
	<b>Quadriceps (upper leg) stretch</b> - Hold onto one ankle - To make this easier, hold onto a chair or wall for balance or rest your foot against the wall	20 - 30 seconds each leg	
	<b>Hamstring (back of leg) stretch</b> - Put weight on one leg and bend knee slightly - Straighten other leg and point toe to sky. Hold onto wall for balance if needed - To make it easier, sit down and straighten leg	20 - 30 seconds each leg	
	<b>Standing calf stretch</b> - Face wall with front leg bent, back leg straight - Feet facing forward - Feel stretch in the bottom of the straight leg	20 - 30 seconds each leg	
	<b>Hip circles</b> - Slowly turn hips in a circle keeping shoulders back and knees straight.	5 - 10 times in each direction	
	<b>Wide arm stretch</b> - Start with your hands touching in front of body - Keep arms straight and move arms back as far as comfortable. You should feel a stretch in your chest. Hold for 2 sec and slowly return	10 - 12 times	
	<b>Wall slides</b> - Start with your hands in line with your ears and with arms and shoulders on the wall - Push your hands above you, keeping your shoulders and arms on the wall. Go as high as you can then return back to start	10 - 12 times	
	<b>Shoulder stretch</b> - Stand tall and bring one arm across body holding it with other arm just by the elbow. - Hold then release and switch arms	20 - 30 seconds each leg	

Goals: