

Everyday Stretches

Approximately 10-15 Minutes

Use these everyday stretches to fine-tune your muscles. This is a general routine that emphasizes stretching and relaxing the muscles most frequently used during the normal day-to-day activities.

In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular *rigor mortis* sets in. If you can set aside 10-15 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.

PLEASE DO NOT SWIVEL

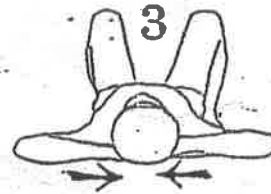
Do not force stretches or "bounce"



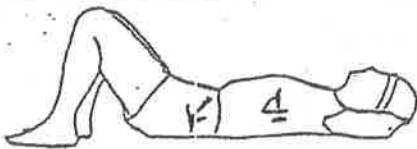
1
5 times
each direction



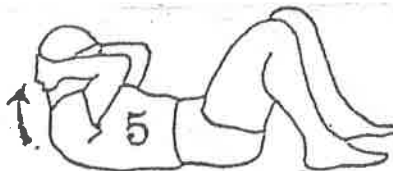
2
20 seconds



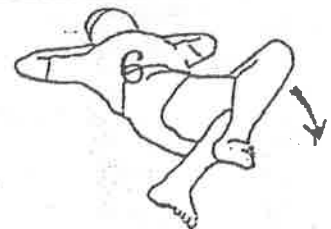
3
shoulder blade pinch
2 times
5 seconds each



4
flatten lower back
2 times
5 seconds each



5
3 times
5 seconds each



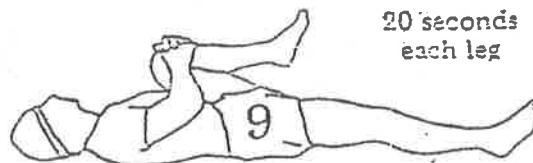
6
20 seconds
each side



7
stretch
each side



8
2 times
5 seconds each



9
20 seconds
each leg



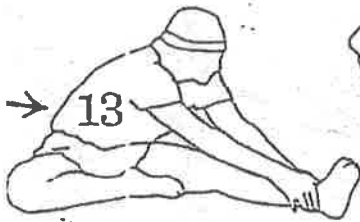
30 seconds



10 seconds
each side



30 seconds
each leg



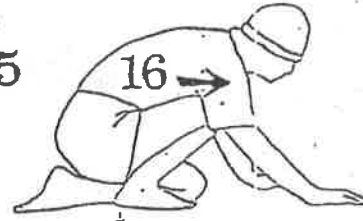
20 seconds
each leg



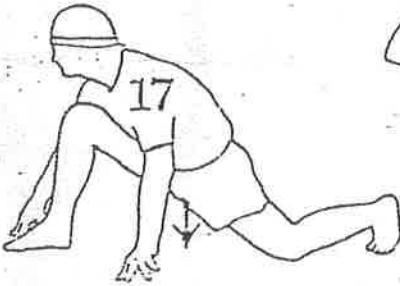
10 times
each direction



30 seconds
each foot



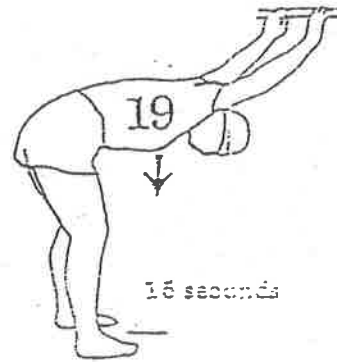
15 seconds
each leg



20 seconds
each leg



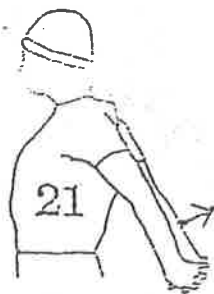
25 seconds
each leg



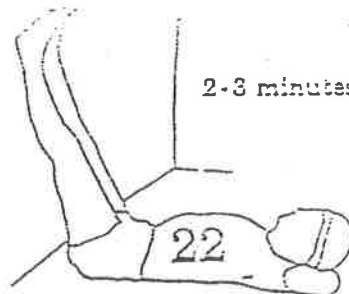
15 seconds



10 seconds
each arm



10 seconds



2-3 minutes

22