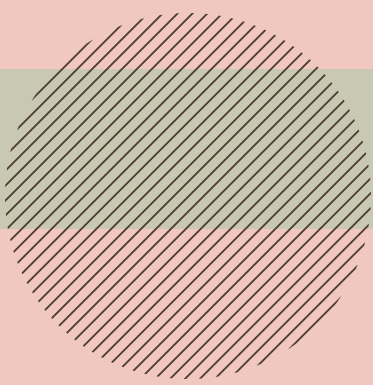


# STRETCHING FOR BEFORE & AFTER EXERCISING



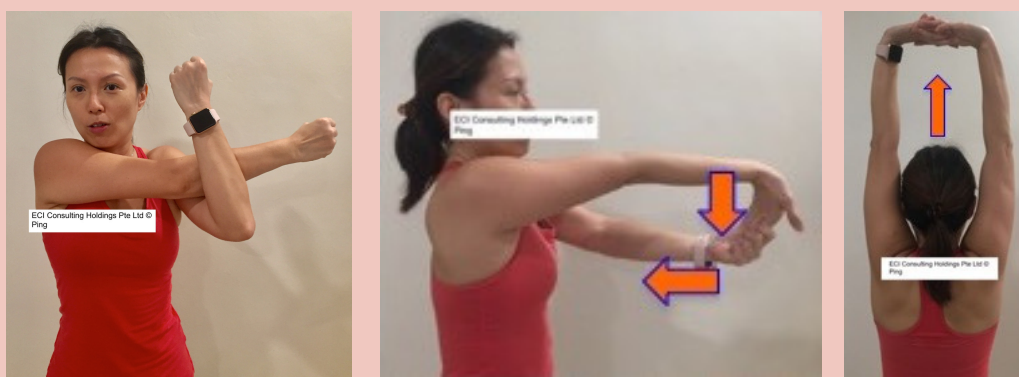
Do each stretching exercise and hold for at least 15 seconds

If you stretch properly before & after exercising, you should not feel pain during or after your exercise.

## HEAD



## ARMS & UPPER BODY



## LEGS



Remember, you should not be in pain or your body should not feel warm to touch or appear red after exercising. This is not normal, please see doctor should you notice any of these symptoms.



Pre-exercise and post-exercise stretchings are very important. Please do not skip them due to time constraints.

START EXERCISING!