

# MY HEALTH CHALLENGE HABIT

# STRETCHING



**Remember, you must stretch AND exercise to receive the 3 points for the MOVEMENT habit.**

# WHY WE SHOULD STRETCH

## 5-10 MINUTES OF STRETCHING EACH DAY HELPS TO

**Improve functional capabilities** (move, lift and function better)

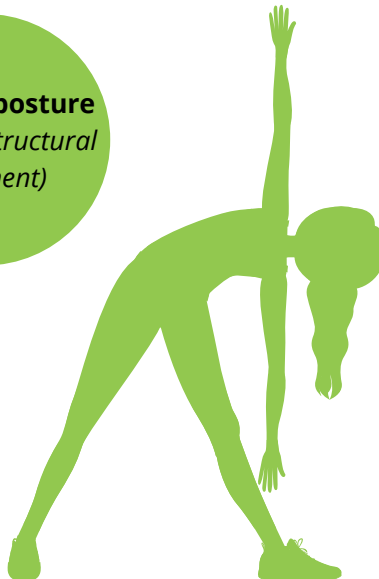
**Improve posture** (Improve structural alignment)

**Reduce pain & risk of injury** (neck, shoulders, back, hips, knees and ankles)

**Improve appearance and self-image**

**Improve breathing**

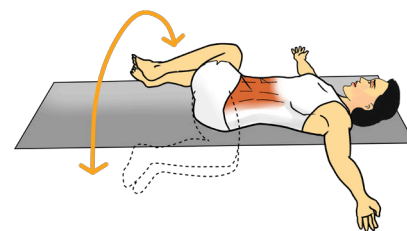
**Improve quality of life and help to live longer**



## TYPES OF STRETCHES TO DO

**The best stretches to perform are ones you feel motivated to do daily and the ones that help you feel and function better.** To help you achieve this, we have created a list of common stretches below, to help show which muscles are tight and what to do to stretch them.

The stretches have been designed with limited equipment in mind and to be simple, so that everyone can perform them. **If you have the knowledge and equipment to perform other, more complex stretches, that align more with your specific needs, feel free to use them.**



## HOW TO STRETCH

1

Perform each stretch shown below and note which ones feel tight.



2

Each day, spend **5-10 minutes stretching the tight muscles.** There is a cheat sheet on the last page for ease of use.



3

**Award yourself 3 points each day** for the completion of BOTH stretching and exercising.



### HYPERMOBILITY

If you can perform certain stretches with ease, please leave them out. Instability and injury can occur when stretching an already hypermobile joint. Instead, spend 5-10 minutes each day strengthening the area - a trained health professional can help you here.

## QUADRICEP STRETCH

(To stretch left side)

- Use a table or similar that gives you a good stretch. Just lower than waist height is ideal, however start where you can.
- Place your left foot on the table behind you, keeping your head and chest up.
- Ensure a well balanced body position.
- Lean back until you feel a stretch, keeping your hips forward.

**Muscle groups:** Quads, Rectus Femoris, Vastus Medialis, Vastus Intermedius, Vastus Lateralis, Sartorius, Ilio-Psoas

**Hold for 30 seconds each side and perform up to 3 times**

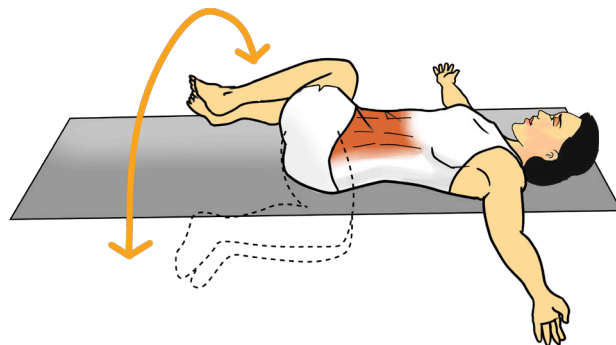


## TRUNK ROTATION STRETCH

- Lie on a mat facing up, with arms in a T shape and palms facing up.
- Flex hips and knees to 90 degrees.
- Keep both feet touching each other as you rotate your trunk to one side.
- Go as far as you comfortably can, while ensuring your shoulders stay in contact with the floor and hold for 3 seconds.

**Muscle groups:** Trunk Rotation, Obliquus Internus and Externus, Quadratus Lumborum,

**Perform 10 repetitions on each side, up to 3 times**



## HAMSTRING STRETCH

- Stand with feet shoulder-width apart and your knees slightly bent.
- Bend forward to around 45 degrees, keeping your spine straight and lower back arched.
- Put your hands on your knees for support if needed.
- Straighten your knees.

**Muscle groups:** Hamstrings, Biceps Femoris, Semitendinosus, Semimembranosus

**Hold for 30 seconds and perform up to 3 times**

