



Leading a Stretching Break

Instructions for Leading a Stretching Break

Read the information below, and then select a few stretches from the back page to do for about 5-10 minutes. One person should demonstrate a modified version of stretches when applicable and possible.

Introduction & Benefits of Stretching

“Stretching is great way to get in some light physical activity. We know that just breaking up our bouts of sitting has health benefits”.

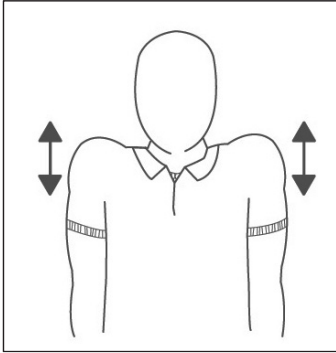
Safety First!!

“There are some tips to follow to make sure you are stretching safely.

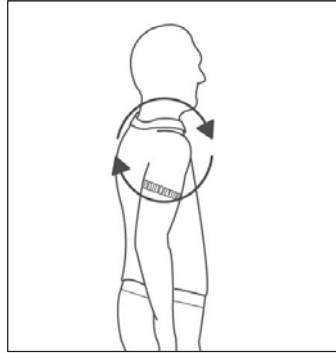
- *Begin by warming up your muscles.*
- *Stretch at your own pace.*
- *Do each stretch slowly and smoothly. Do not bounce!*
- *Stretch to the point of comfortable tension, then relax and hold the stretch.*
- *Hold the stretch for 10 to 20 seconds.*
- *If a stretch causes pain in joint area, stop stretching and make sure your technique is correct.*
- *Try to repeat each stretch (do two sets). This will increase your flexibility.*
- *Stretch as needed throughout the day, especially if you feel your muscles tighten up.”*

Flip the page to see a list of suggested stretches that can be done anywhere!

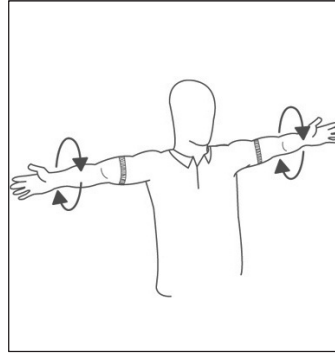
Suggested Stretches



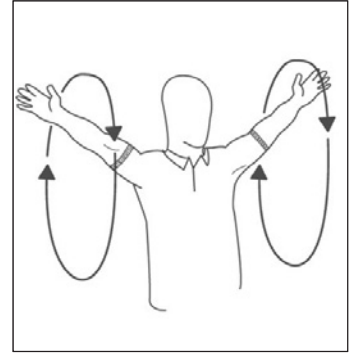
Shoulder Shrugs:
Shrug shoulders up.
Hold and relax.



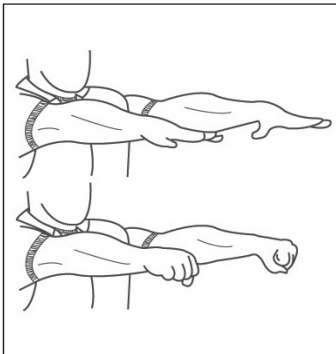
Shoulder Rolls: Roll
shoulders up and
back. Switch
direction.



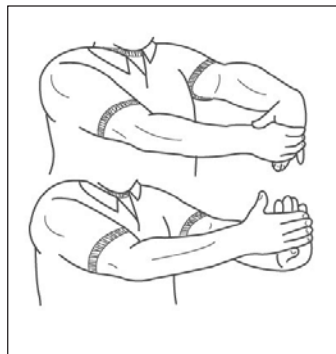
Small Arm Circles:
Move arms in small
circles. Switch
direction.



Large Arm Circles:
Roll arms in large
circles. Switch direction.



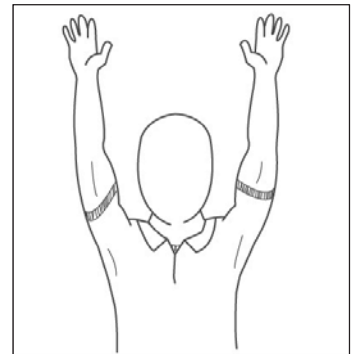
Hand Stretch: Make
fists. Hold it. Open
hands wide. Repeat
motion to the front,
sides and above head.



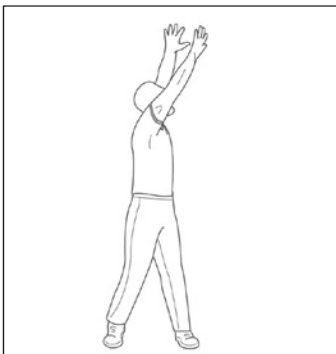
Wrist Stretch:
Bend your wrist
upward and then
downward. Hold it.



Neck Stretch: Grasp
top of head and bend
your neck gently. Hold
it. Switch sides.



High Reach: Reach
arms up high. Hold it.



Rotation Stretch:
Reach up high and
rotate at the hips in
both directions.



Backward Bend:
Hands on hips, bend
your back,
shoulders and head
backward.



Squat: Use a wide
stance. Maintain
balance, bend to
squatting position.
Hold it.



Hamstring Stretch:
Support upper body
with hands on
knees. Stretch
hamstring. Hold it.