

## EVERYDAY STRETCHES

APPROXIMATELY 8 MINUTES

Start with several minutes of walking. Then 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 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 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.

