

getting & staying **FIT**

STRETCH for strong, flexible muscles & joints

Stretch slowly, and never do any exercise that causes pain.

Excerpted from skinet.com

The best way to prevent injury is by having strong, flexible muscles and joints that resist strain and injury.



Leg Raises

Lie on side as shown with right leg bent and left leg straight. Slowly raise left leg upward. Hold for 5 seconds. Repeat 10 times before switching legs.



Knee Twist

Lie on your back with your knees bent. While trying to keep your lower back flat, slowly let both knees fall together toward the floor. Hold for ten seconds, then go back to start position with knees up. Repeat other side. Repeat the exercise ten times.



Bridge with Ball

Lie on floor with heels on ball. Keeping abs tightened and glutes squeezed, slowly lift your hips off the floor until shoulders, hips and feet are in a straight line (don't arch back). Hold position 5 seconds and lower while maintaining ab and glute contraction. Repeat 10 times.



Arm Triceps stretch

Position hands behind head as shown. Grasp right elbow with left hand and pull toward the left slightly to feel a stretch in the right tricep. Hold for 5 seconds, and then repeat with other arm.



Hamstring stretch

Place a belt or rope around the arch of your foot. Straighten your leg. Slowly begin to pull your leg to a straight up position. Depending upon your flexibility, having your leg point straight up may be a realistic goal. For those who have good flexibility, you may be able to go past vertical during your stretch. Repeat 10 times.



Standing Rotation

If you want to get back in shape for rotational sports like skiing, tennis and golf, you need rotational stretches. Hold a racquet, golf club or broom across your shoulders as shown. Without moving your feet, slowly rotate your shoulders to the left, then back to the right. Also do this stretch for 5 minutes before playing to reduce risk of strain.