

Walk to Health 2015 Sponsors

Week 5 - Rules for Stretching

Stretching is a key element to preventing injury in your walking regime. Following are a few rules:

- 1) Never stretch cold muscles. The best time to stretch is after you walk.
- 2) Do not bounce. Go into a stretch slowly and hold gently. Stretch to the point of feeling a gentle pull, but never to the point of pain.
- 3) Hold each stretch for 30 to 40 seconds. If you have problems with a particular area, stretch that area twice (hold for 30-40 seconds release, then stretch again)
- 4) Stretch all major muscle groups and put extra focus on any areas you have trouble with.

A few recommended stretches include: calf, shin, hamstring & lower back, outer thigh/buttocks/spine, lower back, quadriceps, shoulder and neck relaxer. A description of each stretch is on our website at www.swhealth.ne.gov.



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