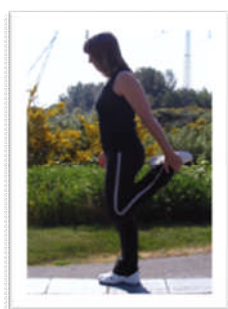




Stretching

BENEFITS OF STRETCHING	PROPER STRETCHING	BREATHING TIPS
<ul style="list-style-type: none"> Decrease muscle soreness Reduce muscular tension Reduce stress placed on the body Increase joint range of movement Reduce risk of injury Improve circulation Improve mental health 	<ul style="list-style-type: none"> Wear comfortable unrestrictive clothing Connect the mind and muscle by feel Have a straight back when bending forward Find ways to implement stretching daily 	<ul style="list-style-type: none"> Inhale to prepare to move Exhale into the stretch Breath normal while holding Inhale to prepare to move out Exhale when coming out of the stretch
HOW OFTEN?	HOW HARD?	HOW LONG?
<ul style="list-style-type: none"> At the end of your walk or after a 10 minutes warm-up 	<ul style="list-style-type: none"> To the point of tension (NOT PAIN) 	<ul style="list-style-type: none"> Hold 15-30 seconds per stretch

Running Stretches



Front Thigh



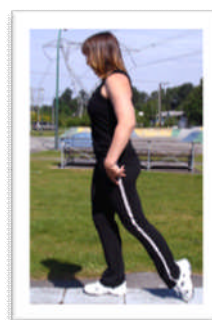
Back Thigh



Outer thigh



Inner Thigh



Shin



Calf

How much water should I consume with exercise?

BEFORE	DURING	AFTER
10-20 minutes before drink 1-2 cups of water	*1-2 cups every half hour during intense activity <i>*It is a myth that drinking during excise causes cramps</i>	Drink several large cups after exercise

Why do I have cramps when I exercise and how do I stop them?

WHY	TIPS WHILE WALKING	TIPS AFTER EXERCISING
<ul style="list-style-type: none"> Lack of water Lack of calcium, sodium, potassium Muscle fatigue 	<ul style="list-style-type: none"> Stretch when the cramping starts Massage the area 	<ul style="list-style-type: none"> Add extra fluids Low-fat dairy products Potassium-rich fruits and vegetables

Your Fitness Educators!

www.everydayathletes.ca or 604-582-7377