

## Why Do We Need to Stretch before or after Physical Activity?

- Before you stretch, it is important to get your heart pumping more blood to your muscles by doing a warm-up.
- Once your muscles are warmed up, you can stretch them to help prepare your body for exercise.
- Stretching can stop you from getting injuries and can also make your muscles more flexible.
- When you've finished exercising, it's important to cool down by doing some stretches, too.
- Stretching after a workout helps to stop your muscles from feeling stiff and sore by gradually returning them to their normal state.



## Why Do We Need to Stretch before or after Physical Activity?

- Try to hold your stretches for a count of six (count "one elephant, two elephant," and so on).
- Stretching should never hurt, so make sure you stop if it feels painful.
- Try not to bounce when you stretch, as this can damage your muscles.
- Keep breathing during your stretches.



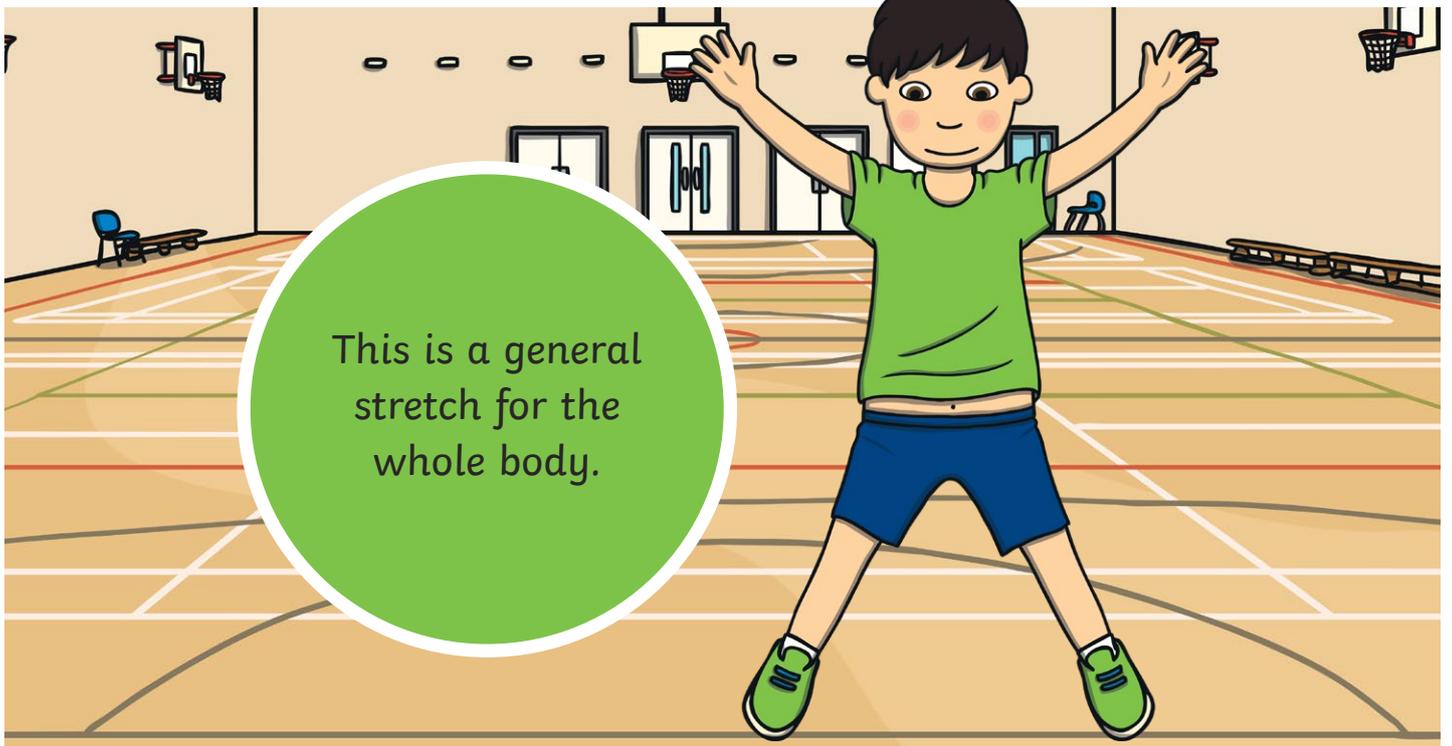
## Stretch up tall with long arms.



This is a general stretch for the whole body.

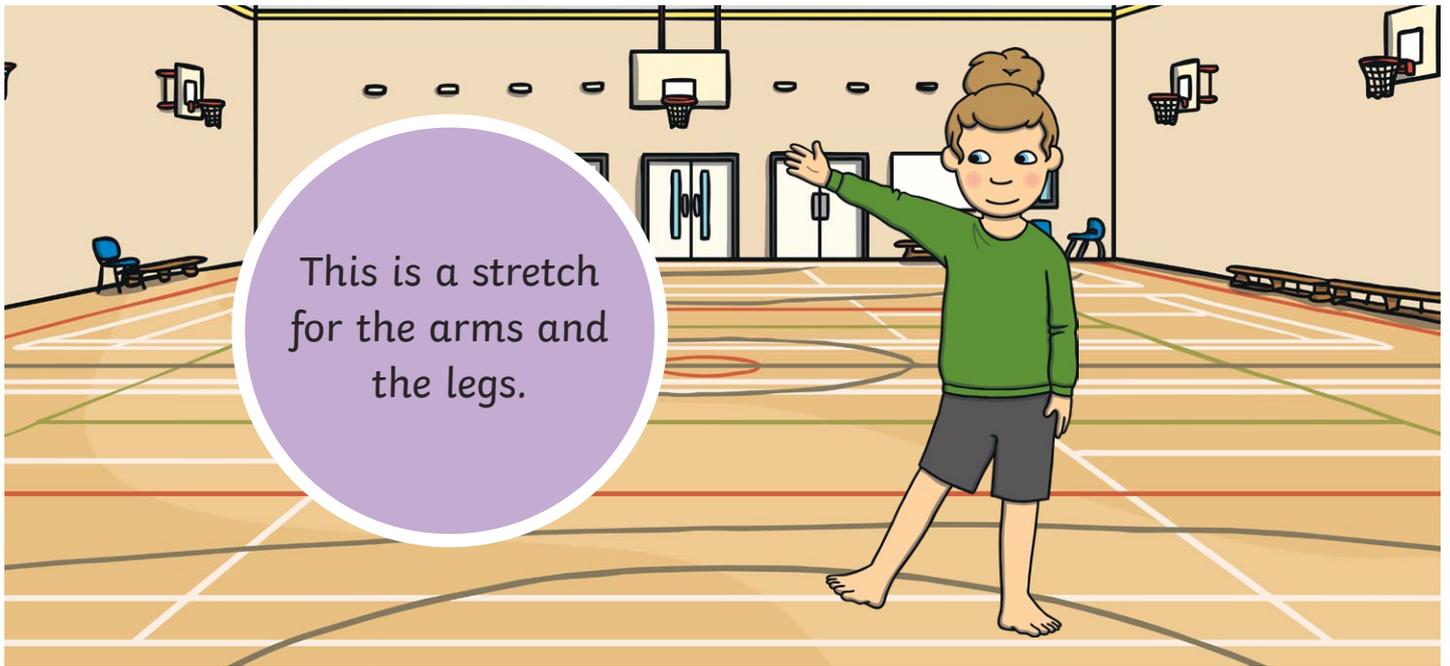


## Stretch out wide, making a star shape.



This is a general stretch for the whole body.

**Reach out to one side with one arm and one leg, keeping your body central.**



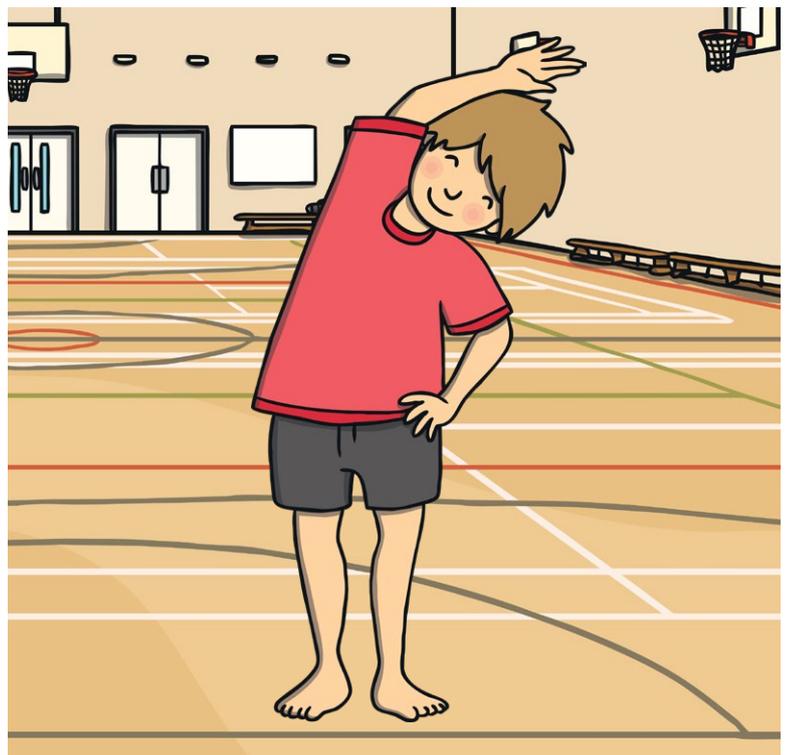
**Repeat with the other side.**

**Stretch one arm above your head and reach over to the side.**

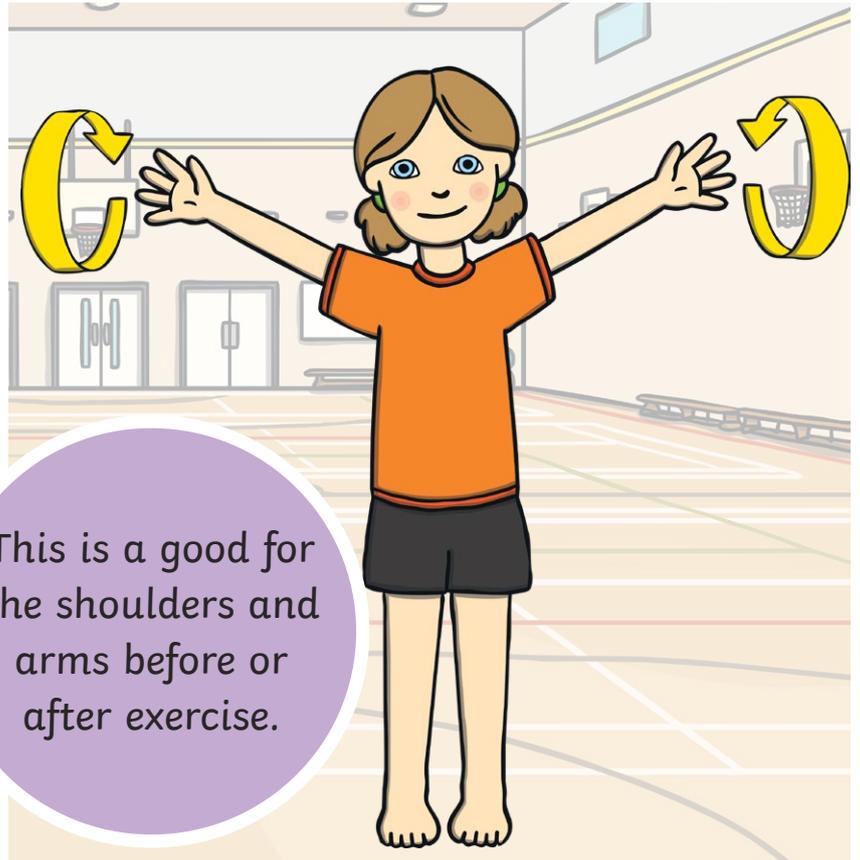
Then do the same with the other arm.

Keep your body upright – don't lean forwards or backwards.

You should feel the stretch down each side.



- Stand with your feet hip-width apart and knees slightly bent.
- Stretch your arms out to the side at shoulder height.
- Rotate your arms backwards in small circles.
- Change direction and rotate your arms forwards.



### This is a gentle stretch for your neck.

- Look straight ahead.
- Turn your head to the left, twisting at your neck and then back to the centre.
- Turn your head to the right, twisting at your neck and then back to the centre.
- Put your chin on your chest and then raise it back up so you are facing forwards.
- Repeat this movement: left-centre-right-centre-down-centre-up-centre.
- Make sure you do not roll your neck.



**Crouch down into a tucked shape and hug your knees, curling up small into a ball.**



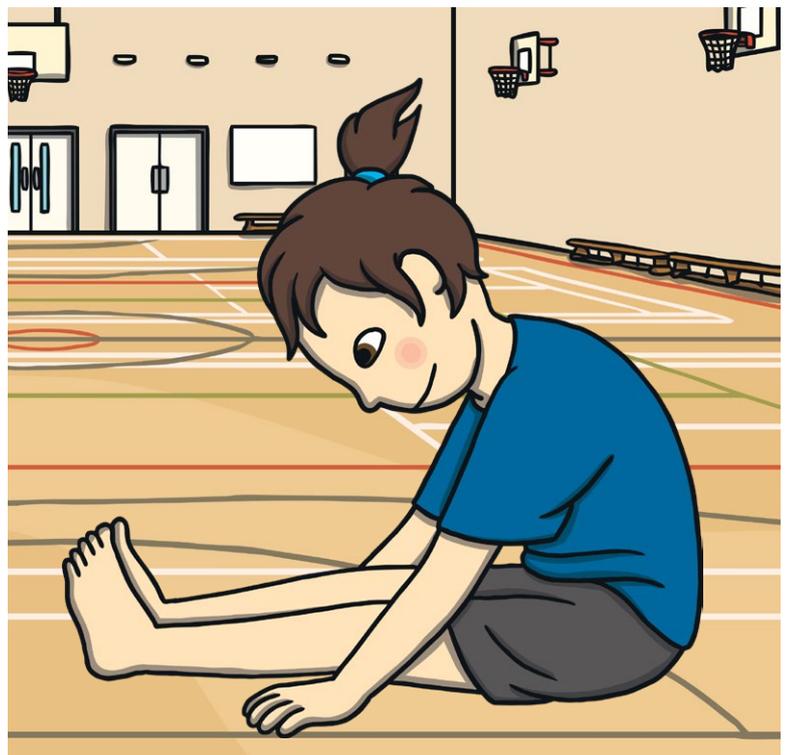
You should feel the stretch in your upper body and hips.

**Stay on your feet.**

**Sit down and put your legs out in front of you.**

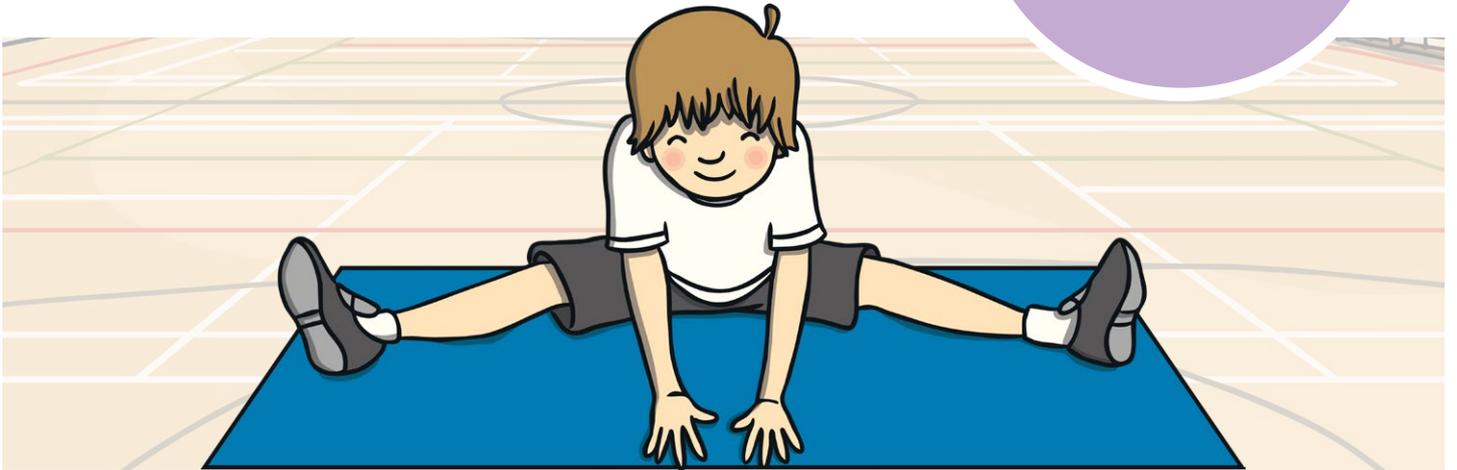
- Fold yourself over, bending from your hips.
- Point your toes upwards and try to touch them.
- Try to keep your legs straight.

You should feel the stretch down the back of your legs.



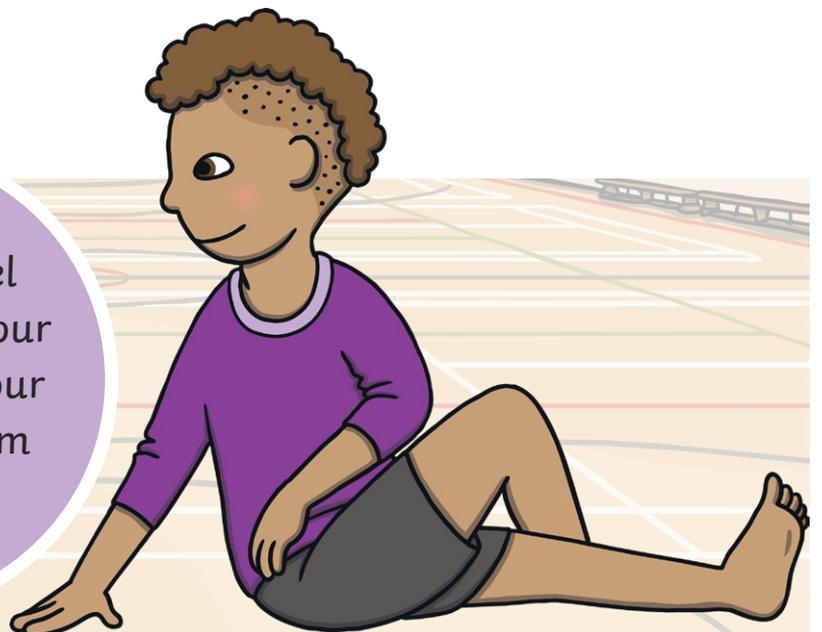
- Sit down and put your legs out in front of you.
- Move your legs apart into a straddle position.
- Fold yourself over, bending from your hips.
- How far can you walk your hands forwards?
- Try to keep your legs straight.

You should feel the stretch in your legs and groin.

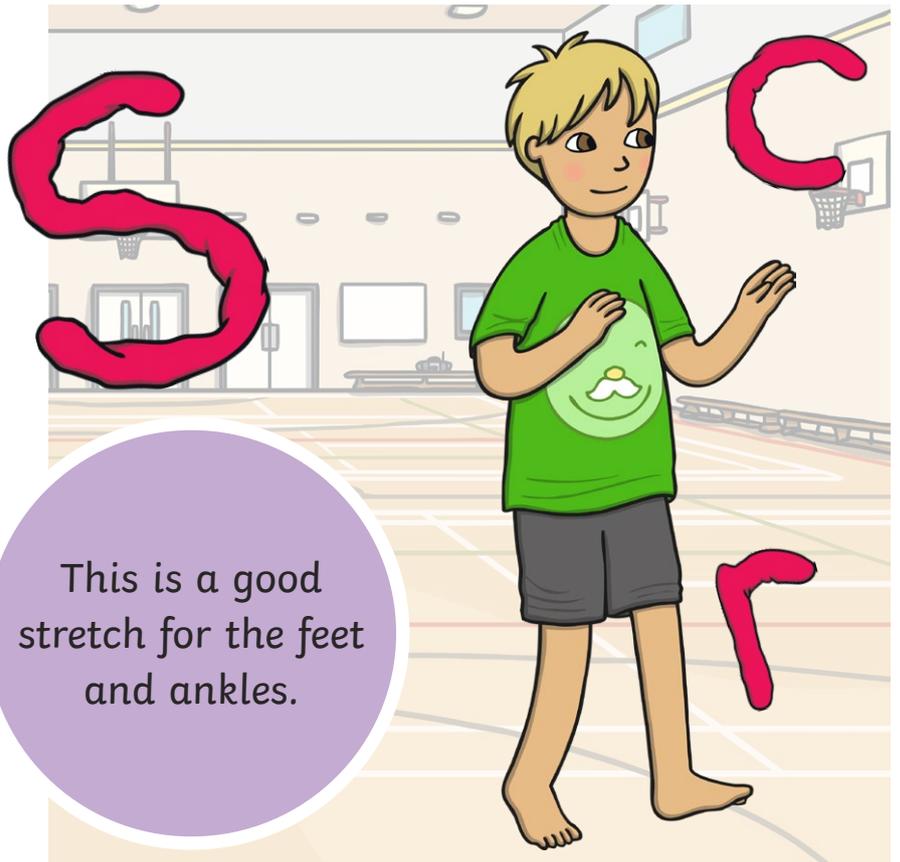


- Sit on your bottom and stretch your legs out in front of you.
- Put one leg over the other, bend your knees and reach around to the opposite side.
- Try to look over your shoulder.
- Now swap legs.

You should feel the stretch in your waist and in your hips and bottom muscles.



- Stand with your feet hip-width apart.
- With the toes of one foot, write out the letters of your first name on the floor.
- Raise your other foot off the floor slightly and write out the letters of your surname in the air with your toes.



## Snake Pose

- 1 Begin by lying on your tummy.
- 2 Exhale and lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.



This pose strengthens your spine, back of the arms and legs.  
It stretches your shoulders, chest and tummy.

## Frog Pose

- 1** Squat on the floor and balance on your toes with your knees spread wide and your hands on the floor between your legs.
- 2** Look up and inhale.
- 3** As you exhale, straighten your legs and lower your head toward your knees.
- 4** Return to a squatting position, then repeat.



This pose helps with hamstring flexibility.

## Happy Baby Pose

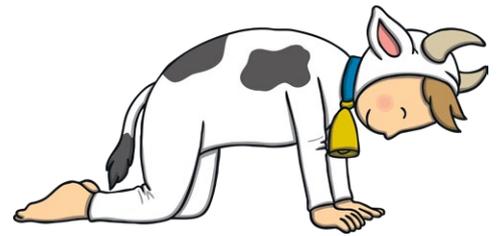
- 1** Lie down on your back.
- 2** Exhale, bend your knees towards your tummy and grab hold of your feet.
- 3** Allow your body to gently rock from side to side.



This stretches the groin and spine.

## Cat Cow Pose

- 1** Start by kneeling on your hands and knees. Make sure hands are below your shoulders, and knees are below your hips.
- 2** Inhale, look up to the ceiling, and allow your tummy to sink toward the floor.
- 3** Exhale, round your back towards the ceiling, and look at your belly.



This pose is an easy and gentle way to stretch the upper body and neck.

## Child's Pose

- 1** Kneel on the floor, touching your big toes together.
- 2** Sit back on your heels and separate your knees so they are hip-width apart.
- 3** Exhale and bring your head down to rest on the floor in front of you.
- 4** Place your hands wherever they are comfortable by your head, your knees, etc.
- 5** Relax and breathe, holding this pose.



This pose stretches the hips, thighs and ankles.

## Corpse Pose

- 1** Lie down on your back, with arms next to your body and legs slightly apart.
- 2** Close your eyes, focus on deep breathing and relaxation. Try to do this for 2-5 minutes.



This calms the body and mind.