

## Benefits of flexibility include:

- Improves range of motion
- Improves mobility
- Improves posture
- Improves balance
- Protects independence

### Quadriceps



#### Stretch:

- Keep chest tall
- Minimize leaning
- For balance use support if needed

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We should stretch a minimum 2-3 days per week but should aim to incorporate stretching into our daily routine

Contact our Healthy Lifestyle Coach at 303-953-6615 for more information on stretching and dynamic warm-ups

### Chest + Shoulders



#### Stretch:

- Keep spine neutral
- Move arms from Y to W positions

Information provided by ACSM Guidelines for Exercise Testing and Prescription



**Diabetes  
Management &  
Disease  
Prevention  
Program**

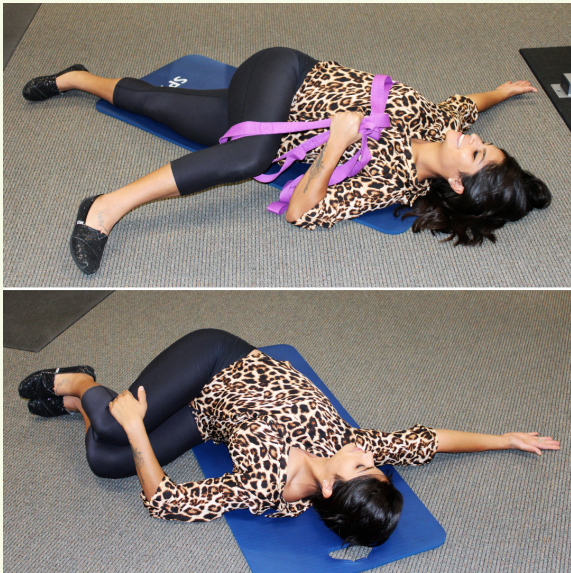
**Stretch band  
information and  
tips**

Flexibility is the ability to move a joint through its full range of motion

Everyone can improve their flexibility by incorporating regular stretching and movement into their daily routine

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### Lower back + Glutes



#### Stretch band:

- Keep shoulders on floor
- Slowly rotate legs to opposite side

#### Floor stretch

- Keep shoulders on floor
- Look opposite direction of legs
- Slowly rotate legs to opposite side

The 10-loop stretch band assists by:

- supporting you in a stretch
  - holding a stretch longer
  - having correct posture in a stretch
  - reducing muscle strain in a stretch
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### Hamstrings



#### Stretch band:

- Keep hips on the floor
- Use band to gently flex foot towards your head

#### Elevated step stretch:

- Reach towards your toe
- Flex foot towards your head

- Listen to your body by stretching to the point of slight discomfort but no pain
  - Hold each stretch 10-60 seconds
  - Target each major muscle group with each stretch performed 2-4 times
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### Calves



#### Stretch band:

- Keep spine neutral
- Use band to gently flex foot towards your head

#### Calf floor stretch

- Keep spine neutral
- Keep heel on the floor
- Keep hands underneath shoulders