



## Home Stretch

**Did you know stretching increases blood flow, boosts oxygen levels, and helps deliver nutrients to your muscles? Simply put, stretching feels good! All it takes is a few minutes out of your day and deciding to stretch. Here are some ideas to get you started and help keep you in the game.**

- Place one hand under your elbow. Lift your elbow and stretch it across your chest. Switch arms.
- Place your hands behind your head. Squeeze your shoulder blades together, bringing your elbows back as far as possible.
- Sit forward in your chair. Bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Switch legs.
- Stand up straight, placing one hand on a chair or desk for stability. Reach back for one of your ankles—or pant leg—and bring toward your buttock. Switch legs.
- To get the biggest benefit from your stretch, try holding for 15-30 seconds.