

Loosen Up For Better BLOOD FLOW

STRETCHING MAY HELP LOWER YOUR BLOOD PRESSURE!

How? Reaching deeper than just your muscles, stretching gently tugs on your blood vessels. This helps reduce stiffness in your arteries and improves circulation—all leading to better blood pressure.

Stretch Smart

WARM UP FIRST:

Get muscles ready with five minutes of light activity, like walking.

DO NOT BOUNCE:

Hold stretches steady to prevent injury.

USE YOUR BREATH:

Deep breathing can help you avoid tension.

LISTEN TO YOUR BODY:

You should feel tension, not pain.



HIPS

Stepping into a lunge with your front knee bent, keep your torso upright. Push your hips forward until you feel a stretch in the front of the back thigh, near your groin.

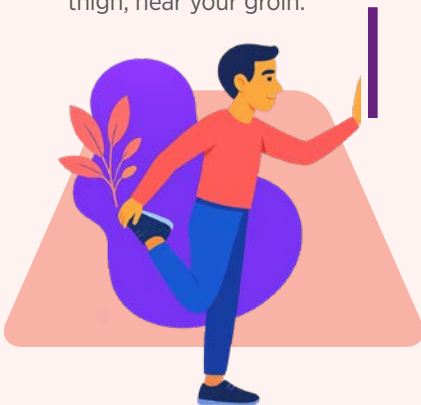
*Your
5-Minute
Routine*

**Hold each stretch
for 30 seconds,
then repeat
on the other side.**



NECK

Keeping your upper body still, slowly turn your head to look over your shoulder.



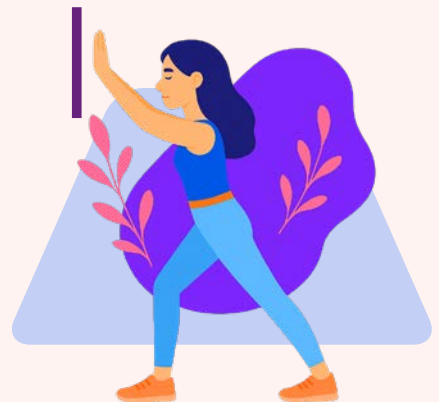
QUADRICEPS

Standing tall, place your left hand on a wall for balance and raise your right heel toward your glutes. Reach back and hold your ankle with your right hand.



LOWER BACK

Lying on your back, pull your right knee toward your chest. Your head and lower back should stay flat on the floor.



CALVES

Stand about an arm's length from a wall. Put both hands on the wall and lean against it. Stagger your feet and bend your front knee. Your other knee should be slightly bent. Put your weight on your back heel, then slowly move your hips forward.

Stretch at least three to four times weekly. Daily is best!