

Stretching Exercises

Do these stretches gently and slowly. Do not bounce.



1. Deep breathing

Arms up, breathe in, arms down, breathe out. Two times each.



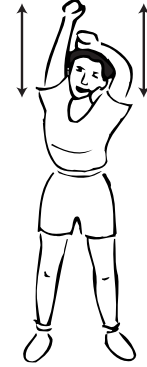
2. Neck Stretching

Side to side, front to back. Two times in each direction.



3. Shoulder Stretches

Up and down five times on each side.



4. Side Stretches

Up and down five times in each direction.



5. Waist Stretches

Side to side three times in each direction.



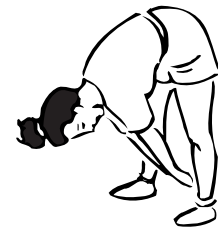
6. Twists

Side to side three times in each direction.



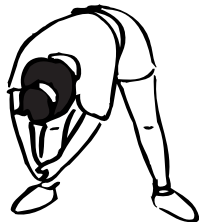
7. Back and Leg Stretches

Down and up five times.



8. Back Stretch

Arms through legs six times.



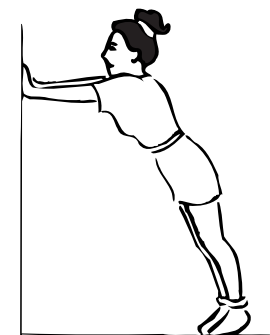
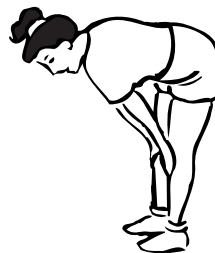
9. Leg Stretch (1)

Hold on to ankle, four times on each side.



10. Leg Stretch (2)

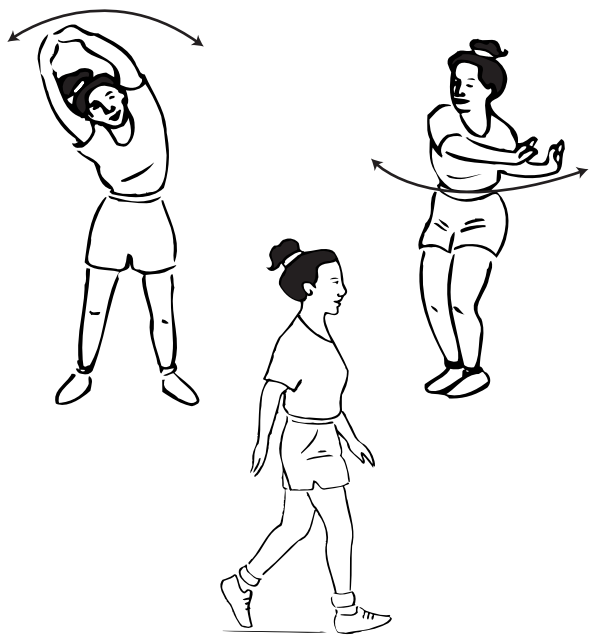
Down and up five times.



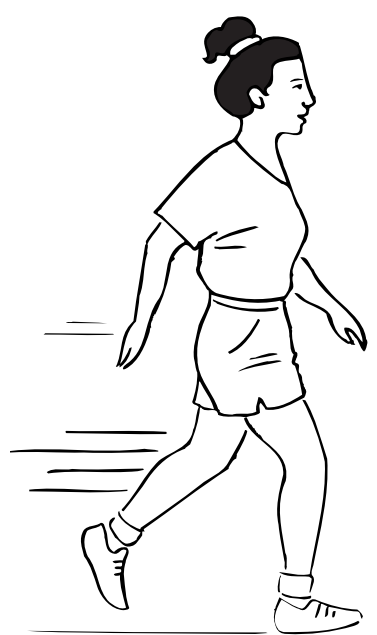
11. Leg Stretch (3)

Move heels up and down six times.

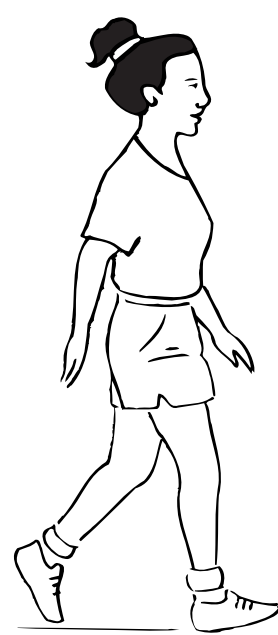
How To Exercise



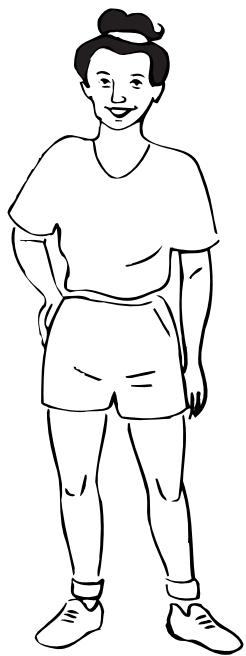
1. Do stretching exercises. (See handout on stretching exercises.) Then walk slowly for 5 minutes.



2. Walk briskly for 20 minutes.



3. Walk slowly for 5 minutes.



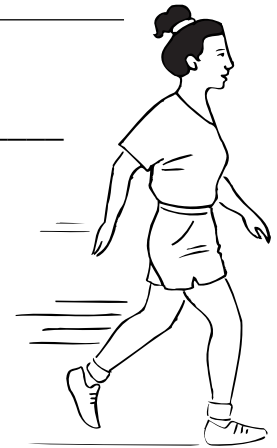
4. Relax!

Make Physical Activity a Habit

My Personal Record



Name _____






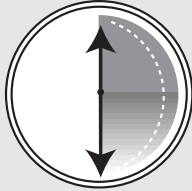
**Track your progress every day.
Start out slowly.**

Aim to reach 30 minutes or more a day!

Write in the log the number of minutes you are active each day:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example Week 1	5 min	5	10	10	15	15	15
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

Sample Walking Program

	 Warm Up	 Walk	 Cool Down	 Total Time
Week 1*	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Week 2*	Walk slowly 5 minutes	Walk briskly 7 minutes	Walk slowly 5 minutes	17 minutes
Week 3*	Walk slowly 5 minutes	Walk briskly 9 minutes	Walk slowly 5 minutes	19 minutes
Week 4*	Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
Week 5*	Walk slowly 5 minutes	Walk briskly 13 minutes	Walk slowly 5 minutes	23 minutes
Week 6*	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
Week 7*	Walk slowly 5 minutes	Walk briskly 18 minutes	Walk slowly 5 minutes	28 minutes
Week 8*	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes

*Do every day of the week