

Stretch of the Month

Shoulder & Chest Stretch



To stretch your shoulders and chest:

1. Stand tall and clasp arms behind your back.
2. Squeeze your shoulder blades together and lift arms away from your body.
3. To deepen the stretch, lean forward at the hips.

Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

