

Stretch of the Month



Kneeling Foot Stretch

To stretch the bottom of the feet:

1. Start in a kneeling position with your feet under your butt and toes are on the floor.
2. Sit back on your heels.
3. You should feel a deep stretch on the bottom of your feet.
4. Keep feet and ankles parallel.

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.

