

# Stretch of the Month



## Neck Stretch

**To stretch your neck:**

- Extend left arm out.
- Tilt your head to the right.
- Use right hand to gently apply pressure to your head for a deeper stretch.
- Repeat for other side.
- Be careful not to overstretch the neck as it is easily injured.

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.

