

Stretch of the Month

Hamstring Stretch

To stretch your Hamstring:

1. Stand with one leg just in front of the other.
2. Bend your back knee and rest your weight on back leg.
3. Tilt hips forward and push butt back.
4. Rest your hands on front thigh and flex your foot to maximize stretch.
5. Repeat for other side.



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.

