

Stretch of the Month

Side Stretch

To stretch your side:

- Standing, step left foot back and lower inside foot to an angle.
- Bend front knee to a 90 degree angle.
- Place right forearm on the bend right knee reaching overhead with the left arm.
- Repeat on the 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.

