

Stretch of the Month

Low Back & Glutes Stretch

To stretch your low back & glutes:

1. Start by lying on your back with legs straight.
2. Bring one knee to your chest and gently pull it closer to you.
3. Repeat for other side.
4. Lastly, bring both knees in together and hug them to your chest. You can gently rock from side to side for a massaging motion.



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.

