

Stretch of the Month

Torso Twist

To stretch your torso with a twist:



- Lie on your back
- Extend your arms out to your sides
- Lift your right knee into the air and let it drop over to your left side
- Repeat for 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.

