

Stretch of the Month

Seated Heart Opener Stretch

To stretch your neck, shoulders and chest:

- Sit with your legs crossed comfortably.
- Lean back and push with your hands, also pushing forward with your hips.
- Expand your chest and lift your head to feel an expansive stretch in the chest area.



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.

