

Stretch of the Month



Knee to Chest Stretch

- Lie flat on your back on the floor.
- Grab one knee and pull it towards your chest.
- Hold this position.

Muscles Stretched

- Gluteus maximus
- Hamstrings
- Lower back

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.