

# Stretch of the Month

## Calf Stretch



To stretch your calf:

1. Stand facing a wall with leg to be stretch behind you and hands on the wall.
2. Bend your front knee and lean forward.
3. Lightly press into the back leg until you feel a comfortable stretch.
4. Repeat for 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.

