
















Get better faster! Keep movement and active living a high priority in your life!












Posture Molding

		
Keep shoulders, hips and knee in line, raise heel to buttocks, knee points to floor. Repeat (this quad stretch) on other side.	Weight on bent supporting leg, point and lift opposite toe up, then extend forward 45° from hips. Keep abs tight.	Keep shoulders and hips in line, tilt pelvis upwards and shift forward to stretch your hip flexors.
	Seated, sitting tall cross one leg over the other bent leg.	
		Then twist the spine towards the top-side leg, stretching your buttocks. Sit tall.
		To stretch the front of your shoulder and chest, stand perpendicular to wall, keeping your palm flat on the wall, extend arm out behind body. Gently turn away from wall to increase stretch.
	Sit and balance on the ball. Spell your name with your hips. Play catch with someone while balancing.	
	This incorrect posture displays the pelvis tilted forward, popping the butt and creating a sway back.	
	To practice proper posture. Suck tummy, tuck pelvis under and clench your buttocks tight.	

Spinal Flexibility

		Lay flat, arms at side. Turn knees to one side.
		
Lay flat, arms at side. Gently lift knees to chest.	Lay flat, arms at side. Raise arms and knees and hold.	Lay flat on front, raise one leg while keeping hips in contact with mat. Lower slowly, repeat other leg.
		Lay flat on front, raise chest, support body with elbows under shoulders. Hold. Increase stretch by extending to hands under shoulders. Hold.
		
Kneel on hands and knees, with back flat, abs tight, head and neck aligned with spine.	Exhale as you round your back, pull navel up into spine drop head and tailbone so center of back rounds upward.	As you inhale, slowly arch your back and look upward.
		
Kneeling with knees in line with hips. Extend arm, keep abs and back engaged. Hold.	Kneeling, extend one leg out from hip, abs and back engaged. Hold.	Kneeling, engage abs buttocks and back, extend left leg and right arm. Hold.

Runner's Stretch

		
Keep shoulders, hips and knee in line, raise heel to buttocks, knee points to floor. Repeat (this quad stretch) on other side.	Weight on bent supporting leg, point and lift opposite toe up, then extend forward 45° from hips. Keep abs tight.	Keep shoulders and hips in line, tilt pelvis upwards and shift forward to stretch your hip flexors.
	Seated, sitting tall cross one leg over the other bent leg.	
		Then twist the spine towards the top-side leg, stretching your buttocks. Sit tall.
		
Lay supine, gently pull one knee into the chest, stretching the buttocks. (Repeat on other side.)	Lay supine, raise one leg, ankle flexed, gently clasping below the knee, stretching the hamstring. (Repeat on other side.)	Lay supine, cross one leg over the opposite leg above the knee. Raise bottom leg to increase stretch.
		
Using your toes, gather and scrunch a towel, pulling it towards you.	Massage arch of foot rolling back and forth on a tube, toes pointed down.	Massage arch of foot rolling back and forth on a tube, toes pointed upward.