

Get Flexible!



To be truly fit, you need to be limber. The following stretches can help you achieve that goal.

Side Stretch

Stand straight with your legs spread comfortably. Clasp your hand above your head. Lean from the waist as far to the right as is comfortable without moving your hip. Repeat, leaning to the left.

Sitting Stretch

Sit on the floor with your legs extended and at least 6 to 10 inch apart. Keeping your back straight, bend forward with arms outstretched as far as is comfortable and hold the position for 8 to 10 seconds. Don't strain or bounce.

Horizontal Leg Stretch

Lie on your back with both legs outstretched. Be sure to keep the small of your back flat against the floor. Bend your right knee and raise it until your foot is a few inches off the floor. Keeping your leg straight, slide your left leg to the left along the floor. Slide it back and lower the other leg. Repeat, alternating legs.

Don't Do These Stretches

The following stretches, although popular, may injure you or aggravate an existing ailment like a back or other orthopedic problem. Avoid:

The plow. In this stretch, you lie on your back and raise your legs until your feet are resting on the floor behind your head.

The hurdler's stretch. For this one, sit on the floor with one leg extended forward and the other extended behind you, with the knee bent.

The toe touch. This familiar stretch requires you to bend at the hips to touch your toes, with your legs straight and knees locked.