

# Be Active, Be Fit



## Take time to s-t-r-e-t-c-h

Do these dozen yoga poses in the order listed. Check with your doctor if you have any concerns.

### 1. Mountain

Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.



### 2. Hands up

On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.



### 3. Head to knees

As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.



### 4. Lunge

Inhale and step the right leg back.



### 5. Plank

Exhale and step the left leg back into plank position. Hold the position and inhale.



### 6. Stick

Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.



### 7. Upward dog

Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. It's okay to keep your arms bent at the elbow.



### 8. Downward dog

Exhale, lift from the hips, and push back and up.



### 9. Lunge

Inhale and step the right leg forward.



### 10. Head to knees

Exhale, bring the left foot forward and step into head-to-knee position.



### 11. Hands up

Inhale and rise slowly while keeping arms extended.



### 12. Mountain

Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position.



Repeat the sequence, stepping with the left leg at steps 4 and 9.



If you've ever watched a cat, you'll recognize the appeal of stretching. Stretching exercises help lengthen our muscles and restore a youthful ability to be active. As we age, the muscles around our joints tend to become less flexible—making us more prone to soreness and injury.

Stretching is good anytime, but especially..

- **First thing in the morning**—no more sluggish starts when you wake up your muscles by stretching.
- **After sitting or standing**—for long periods to relieve muscle tension and to work out kinks.
- **Before exercise**—to reduce the chance of joint and muscle injury and prepare your body to move comfortably.
- **After exercise**—to help prevent muscle shortening and tightening that can cause post exercise discomfort.
- **During or after driving**—for long periods. Not only will you feel more comfortable, but stretching can improve your alertness.
- **Anytime you have been leaning forward** for some time from a seated or standing position.
- **When you feel tense or stiff.** The slow, controlled movement promotes circulation throughout the entire body, relaxes your mind, and helps reduce your stress level.

### Remember these guidelines when stretching

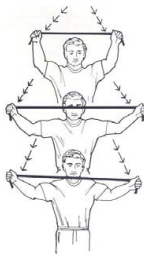
- Focus on slow, smooth movements.
- Remember to breathe.
- Move only as far as you can without experiencing discomfort. Stop if you feel pain. Bouncing to stretch farther can cause injury.
- Frequent stretching is more important than trying to stretch as far as you can.
- Hold any stretch for 8 to 10 seconds.

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# Activities for Resistance Bands

## Back Pull Down

1. Sit or stand with feet shoulder width apart.
2. Loop band around each palm.
3. Raise arms overhead, elbows slightly bent.
4. Lower arms outward to shoulder height keeping band in front (Pulling band behind head causes strain on shoulders and neck).
5. Hold, slowly return to start position.



## Knee Flexion

1. Lie on stomach, upper body propped on arms or pillow.
2. Loop band around both ankles or tie to bed frame.
3. Bend at one knee.
4. Hold, slowly return to start position.



## Shoulder Abduction

1. Stand or sit on firm surface, band held at hip or waist height.
2. Point thumb toward ceiling.
3. Elbow straight, raise arm up, from side of body.
4. Hold, slowly return to start position.



## Elbow Flexion

1. Sit in chair, palms up.
2. Tie band at knee level.
3. Bend elbow.
4. Hold, slowly return to start.



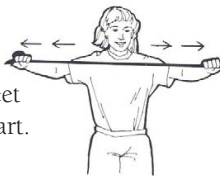
## Elbow Extension

1. Sit in arm chair, palms down, elbows bent.
2. Tie band at chair arm level.
3. Straighten elbow.
4. Hold, slowly return to start.



## Chest Pull

1. Sit or stand with feet shoulder width apart.
2. Loop band around each palm.
3. Extend arms forward, elbows slightly bent.
4. Pull band outwards across chest.
5. Hold, slowly return to start.



## Hip Abduction

1. Sit on firm surface, band around thighs near knees.
2. Lift one leg slightly and pull away from other leg.
3. Hold, slowly return to start position.



## Precautions:

- Consult your physician before beginning any exercise program if you answered yes to any of the PAR Q questions.
- Avoid stretching resistance bands or tubing in a fashion that they may snap toward your head.
- Be sure the band or tubing is securely anchored to a sturdy object or attachment before using.
- If you experience sharp pain, shortness of breath, dizziness, or light-headedness with any of the exercises, stop immediately and contact your physician. Muscle soreness may be experienced over the first few days; consult your physician if this persists more than 3 or 4 days.

## Tips:

- Tie loops large enough to comfortably fit your hands at both ends by doubling the band back on itself and tying a knot on each end. Be sure knot is secure before exercising. Band is easy to untie and adjust as needed.
- Try to maintain the natural width of the band whenever possible. This reduces sliding up the legs or digging into the hands.
- Men in particular should wear long socks to help keep the band from pulling leg hair.
- Work muscles throughout the full range of motion. Do not lock joints.
- Breathe evenly. Exhale during first or most difficult phase. Do not hold your breath.
- Control your movements. Do not allow limbs to move freely or loosely. Resist the band.
- When standing, body alignment is critical. Square the shoulders, contract abdomen muscles, and relax the knees.

Adapted and distributed for educational purposes with permission from Thera-Band® System of Progressive Resistance™ Instruction Manual (3<sup>rd</sup> Edition). For more information or to order the complete manual, contact The Hygenic Corporation, 1245 Home Avenue, Akron, OH 44310 (330) 633-8460 or visit [www.thera-band.com](http://www.thera-band.com).

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... and justice for all

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