

# Food

Protein	Carbohydrates	Fats
Chicken	Rice	Olive Oil
Ground Beef	Sweet Potatoes	Avocado
Steak	Oatmeal	Nuts
Ground Turkey	Baked Potatoes	Fats from Fish
Eggs		Fish Oil
Turkey Bacon		Flaxseed
Liquids		Minerals
WATER		Vitamin D
Pomegranate Juice		Magnesium
Beet Juice		Calcium
Orange Juice		Zinc
		Iron
		Folate
		Vitamin B - 12

# INVENTORY

# Stretch Exercises

Hips	Shoulders	Hamstrings
Knee to Chest Stretch	Thread the Needle	Lying hamstring stretch/Strap
90/90 Stretch	Elbow-Out Rotator Stretch Cross-Body Shoulder Stretch	Sitting hamstring stretch
Figure Four Stretch	Cross-Body Shoulder Stretch	Standing Hamstring Stretch
Piriformis Stretch	Overhead Triceps and Shoulder Stretch	
Lunging Hip Flexor Stretch	Reverse Shoulder Stretch	
Pigeon Stretch		
Spiderman Stretch		
Butterfly Fly Stretch		
Lower Back	Glutes	Quad
Knee to Chest Stretch	90/90	Kneeling Lunge
Figure Four Stretch	Half Lord of the Fishes	Standing Quad Stretch
Piriformis Stretch	Lizard Pose Variation	
Child's Pose	Pigeon Pose	
Cobra Stretch		
Bird-Dog Stretch		

# YOU HAVE TO STRETCH!!!!

Keep the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

# FIVE BENEFITS

- \* Stretching can improve posture. Tight muscles can cause poor posture
- \* Stretching can improve the range of motion and prevents loss of range of motion.
- \* Stretching decreases back pain
- \* Stretching helps prevent injury
- \* Stretching can decrease muscle soreness.