

# Food

Protein	Carbohydrates	Fats	Minerals
Chicken	Rice	Olive Oil	Vitamin D
Ground Beef	Sweet Potato	Avocado	Magnesium
Steak	Oatmeal	Nuts	Calcium
Ground Turkey		Fats from Fish	Zinc
Eggs		Fish Oil	Iron
Turkey Bacon		Flaxseed	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	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 Lizard Pose Variation	Standing Quad Stretch
Piriformis Stretch	Pigeon Pose	
Child's 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.