

# S T R E T C H Your Potential

There's no need to stretch the truth about stretching. It's easy, quick, and clearly beneficial. What's more, stretching is free. You don't need to pay an instructor or for the use of any equipment or facility. In fact, you don't even need to be home to stretch- you can do



it on the subway, on the job, or in line at the store. Or you can stretch while you're watching TV, with friends or family, or while listening to music. Check out the rewards of treating yourself to just fifteen minutes of stretching, every other day:

**1** Increases energy! What adult would turn down a dose of that?

**2** Better posture! Less back and joint pain will allow you to walk tall like the King or Queen that you are!

**3** Improved body fluid circulation! Since the blood flow to your muscles is increased, they will receive more oxygen and nutrients making removal of waste products more efficient.

**4** Stretch to move easier, freer, with better coordination. You'll feel more flexible and youthful!

**5** Reduces muscle tension and stiffness and allows you to smile!

**6** Just ten minutes a day lowers blood pressure and breathing rate. We all know high blood pressure is trouble, but not everyone is aware of the danger of quick, shallow breathing.

**7** Stretching relaxes the mind, reduces stress, anxiety, and tension headaches, allowing you to think more clearly



# DO

# DON'T

1. Stretch in loose clothes when your body is warm, after a workout or walking.
2. Stretch until you feel resistance (but not pain), then relax and hold for ten to thirty seconds, while thinking about solutions to your health problems.
3. Repeat
4. Get others to stretch with you; promote it to other Black people.

1. Don't bounce.
2. Don't forget to breathe long, slow, deep breathes.
3. Don't let anyone push, pull or sit on you.
4. Don't just sit there and pretend or forget to stretch.
5. Don't be embarrassed to let people see you stretch

Read more on stretching by top researchers:

[http://www.MayoClinic.com/  
health/stretching/HQ01447](http://www.MayoClinic.com/health/stretching/HQ01447)  
[http://www.berkleywellness.com/  
html/fw/fwFit02Stretching.html](http://www.berkleywellness.com/html/fw/fwFit02Stretching.html)



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