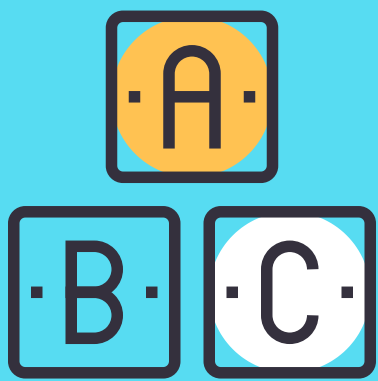


Types of Stretches

HERE ARE 5 STRETCHES YOU CAN DO WHILE AT HOME



1.) BUTTERFLY STRETCH

Sit on the ground, and put both feet together, and lean towards them

2.) CALF STRETCH

This is where you hold your ankle close to your lower back and stretch as far as you can without falling over.



3.) SIDE LUNGE

This is where you lean to the left, and right side of your body, and make a 90 degree angle as you are leaning that direction



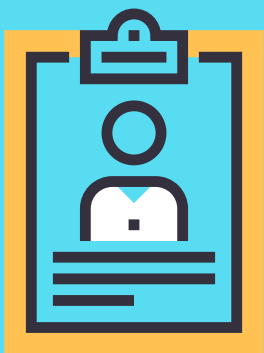
4.) TOE TOUCH

This is where you lean forward and try to touch your toes or get as close as you can



5.) SHOULDER STRETCH

You will take one arm and reach it across your body as you stretch and hold it in place



COMPILED BY: DILLON WOLF
FOR THE WELLBEING PARTNERS