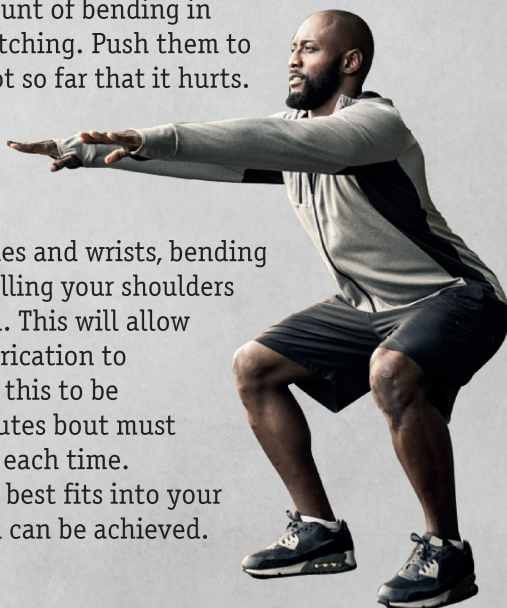


Giving clients tips on Stretching when Exercising

Stretching

- ✓ Stretching exercises will facilitate more freedom of movement to do the things they need to do and the things they like to do. Stretching exercises alone will not improve their endurance or strength.
- ✓ Stretching should never cause pain, especially joint pain. If it does, this is an indication that something is wrong – incorrect technique, a medical condition, etc. Feeling mild discomfort or a mild pulling sensation is normal. If they are feeling severe pain they should stop immediately.
- ✓ Never “bounce” while stretching; make slow, steady movements instead. Jerking can cause muscles to tighten, possibly resulting in injury.
- ✓ Avoid “locking” joints when stretching. They should always have a very small amount of bending in their joints while stretching. Push them to stretch further, but not so far that it hurts.
- ✓ Stretching the joints involves slow rotation and bending e.g. Rotating the ankles and wrists, bending the arms and knees, rolling your shoulders forward and backward. This will allow the body’s natural lubrication to protect the joints. for this to be effective each 10 minutes bout must be done continuously each time. Choose a method that best fits into your daily routine that you can be achieved.



Giving clients tips on how to cool down after an Exercise Session



Cooling down

- ✔ The purpose of cooling down is to gradually return the heart rate and blood pressure to resting or pre-exercise levels. This is to avoid blood pooling, muscle cramps and dizziness.
- ✔ This consist of 5-7 minutes slow walking or slow jogging followed by the same stretching that was done for warming-up.
- ✔ Remind clients to breathe regularly and rhythmically. They should not hold their breath.

How to Stretch

Step 1

Stretches side of neck

Stand or sit straight with arms dangling and relax at their sides.

Twist head sideways to the left or right or right to left. Hold each stretch for 5 seconds

Repeat 1-3 times.



Step 2

Stretches back of neck

Stand or sit straight with arms dangling and relax at their sides.

Bring the head gently tilt head forward and backward to stretch back of and front of the neck. Hold for 5 seconds.

Repeat 1-3 times.



Step 3

Stretches side of shoulder and back of upper arm.

Stand or sit in an upright position, place left hand on right shoulder gently pull with left hand right elbow across chest toward left shoulder and hold for 10 to 15 seconds.

Repeat on other side.



Step 4

Stretches shoulder, middle back, arms, hands, fingers, and wrist.

Interlock fingers with palms facing out. Gently extend arms in front at shoulder height.

Hold for 10 to 20 seconds, relax, and repeat.



Step 5

Stretches triceps, top of shoulders, waist

With knees slightly bent. Stand or sit with arms overhead. Hold elbow with hand of opposite arm. Gently pull elbow behind head slowly leaning to right side until the stretch is felt. Hold for 10 to 15 sec.

Repeat on the left side.



Step 6

Stretches middle back

Stand with knees slightly bent hands on hips. Gently twist the upper body to right side until stretch is felt.

Hold for 10 to 15 sec.

Repeat on left side.



Step 7

Stretches calf

Stand a little distance from wall with right foot in front bent at the knee, the left leg straight behind you. Feet flat on the ground with toes straight in front. Gently move hips forward until you feel stretch in calf of left leg. Hold easy stretch for 10 to 20 seconds.



Do not bounce.

Do not hold breath.

Repeat on other side.

Step 8

(quadriceps) Stand a little distance from wall. Stand straight, hold right foot with left hand. Pull heel toward buttock hold for 10 to 20 sec



Repeat on other side.

N.B place hand on wall for support if needed.

Step 9

Stretches inner thigh, groin
Stand with feet a bit wider than shoulder. Bend the right knee slightly and move left hip downward toward right knee. Hold for 10 to 15 seconds.

N.B hold on something for support if needed.



Step 10

Stretch lower back, side of hip, and neck. Sit on floor with left leg straight out in front. Bend right leg, cross right foot over, place outside left knee. Bend left elbow and rest it outside right knee. Place right hand behind hips on floor. Turn head over right shoulder, rotate upper body right.

Hold for 10 to 15 seconds.

▼ ***Repeat on other side.
Breath in slowly.***



Step 11

Stretches side of hip and Hamstrings

Sit on floor with both legs straight out in front. Slowly bend left leg, cross left foot over, outside of right knee. Gently pull left knee across body toward opposite shoulder. Hold for 10 to 20 seconds.

Repeat on other side. Breathe slowly.

**Step 12**

Stretches back of leg and lower back. Sit on floor, legs straight out at sides then bend right leg at knee while leg still on the ground at comfortable reach with right leg bent at knee. Slowly lean forward at the hips toward left foot that is straight until you feel slight stretch. Hold stretch for 10 to 20 seconds.

Repeat on other side.



Keep the foot of straight leg in an upright, position with ankles and toes relaxed. Keep a steady posture do no dip head forward or bounce.

Step 13

Stretches shoulders, arms, hands, feet and ankles

Lie flat on back with arms extended overhead, keep legs straight. Reach arms and legs in opposite directions.

Stretch for 5 sec, relax.

