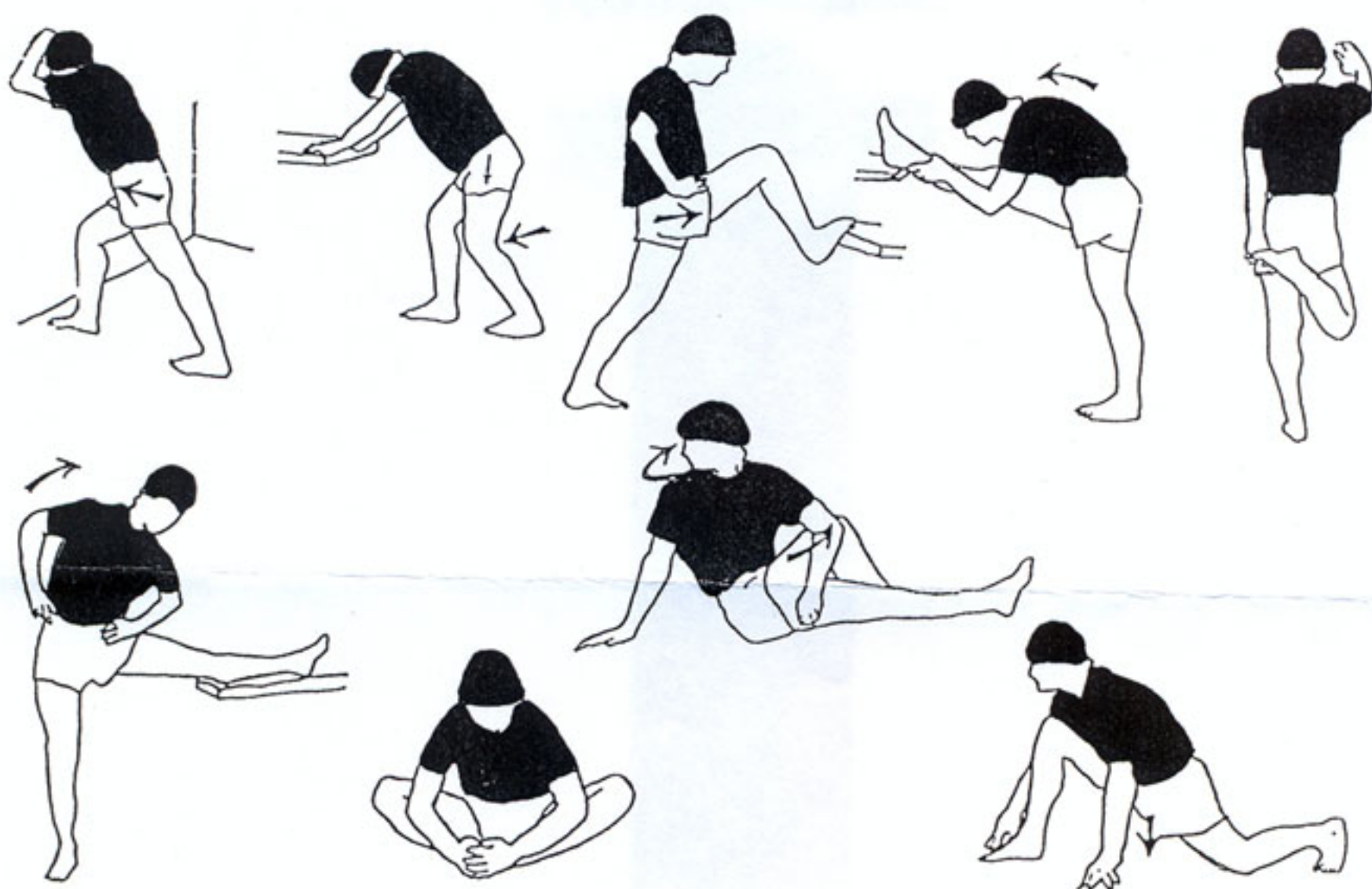


STRETCHES FOR RUNNING

Warm Up Stretches Held for 10 seconds
Cool Down Stretches Held for 30 seconds

Remember to stretch *correctly*. Improper stretching is worse than no stretching at all and leads to injuries. Don't bounce up and down or struggle to hold painful positions and call this stretching. What you are actually doing could be called "tearing and tightening". It is only through the controlled, relaxed method of stretching that you will be able to increase flexibility and reduce muscle tension without injuring tissues.



Stretching helps you improve and enjoy working out. But the only way to really know this is to try it yourself for at least one month. If you become regular with stretching and exercise, you will improve how you look, how you feel, and what you can do. In that one month you will see that it is possible to reduce soreness and prevent injuries. Your range of motion will increase and working out will become more enjoyable. You will feel better going into a workout and you will feel better when the workout is over. In that month you will find yourself feeling and looking younger.

*** Don't Bounce Stretches***