STRETCH SAFELY WITH PETE THE PANTHER

HUMAN RESOURCES & CLEMENTE CENTER
THE IMPORTANCE OF STRETCHING

• Most of us have jobs on campus where we sit most of the day.
  • A long time in that position can cause pain, loss of range of motion or inability to maintain good posture

• Stretching is a simple and inexpensive way to take a much needed break and loosen your muscles throughout the day.
THINGS TO CONSIDER

- Stretching will typically make your muscles feel better after the stretch.
- Never stretch to the point of discomfort.
- Stretches should be slow and controlled.
- To get the most out of your stretching break- quickly warm up by walking around prior to stretching.
- If you are concerned about aches, pains, or potential injury, please see your doctor before attempting any stretches.
STRETCHES IN VIDEO

• Seated Neck Stretch
• Seated Crescent Moon Stretch
• Forearm Stretch
• Seated Chest/Shoulder Stretch
• Seated Spinal Twist
• Seated Knee to Chest
STRETCHES IN VIDEO

- Seated Hamstring Stretch
- Seated Pigeon or Figure 4 Stretch
- Standing Quads/Hip Flexor Stretch
- Child’s Pose
- Knees to Chest
- Legs on chair (can be done on wall as well)
SUMMARY OF VIDEO

- These are very simple stretches that address both upper and lower body muscles.
- Can be done on a daily basis, even multiple times a day.
- Always warm up before stretching!
QUESTIONS