



BODY REALM
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**FREE Self-Care Stretching Guide Every
Office Worker, Gym Goer, and Athlete
Should Know**

Learn the 5 Mistakes People Make When Stretching
and How to Avoid them

What We're Going To Cover

WARM UP BEFORE STRETCHING

FIND YOUR STARTING POINT

BREATHE

DON'T SHORT CHANGE YOURSELF

STOP

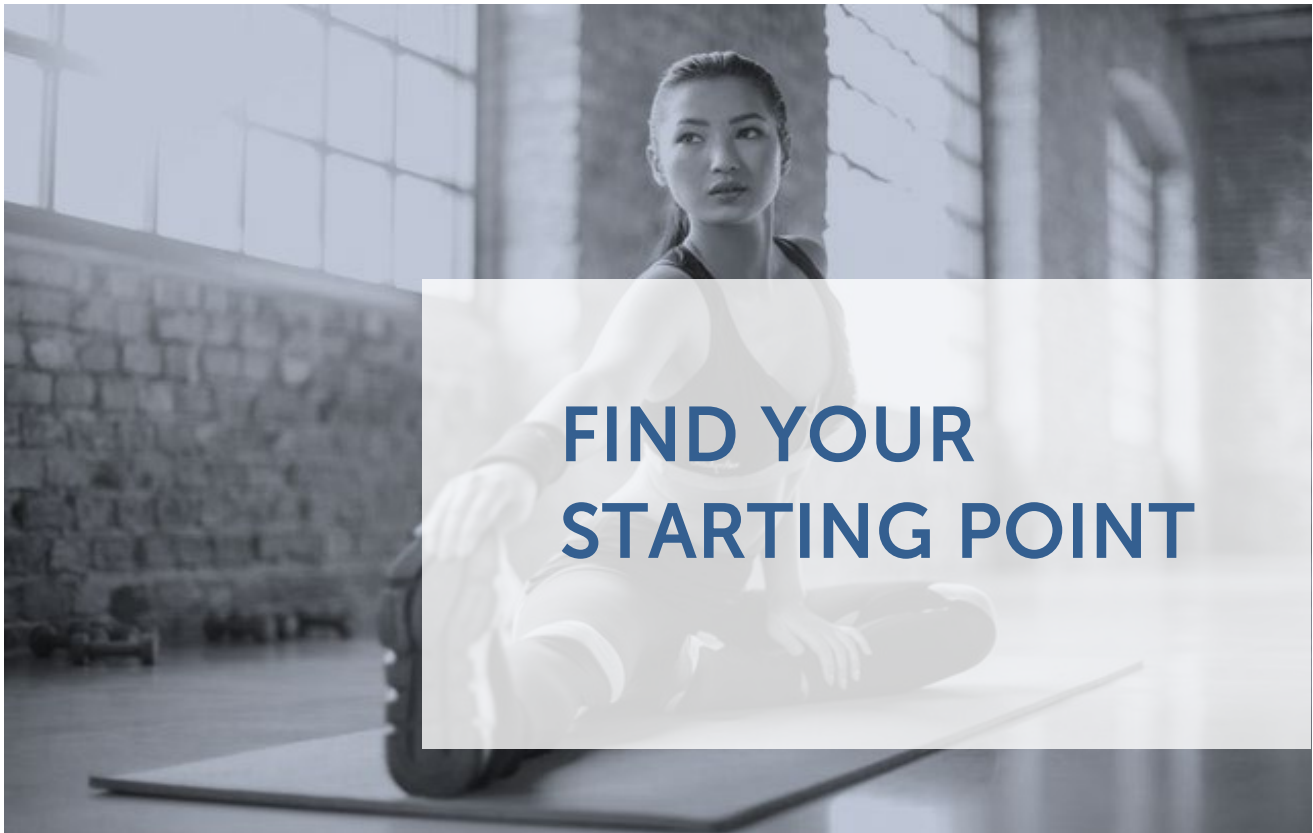
MOST COMMON FAQ'S



After a workout is one of the most effective times to stretch since your muscles are all warmed up and at its most pliable and elastic state. However, there are other ways to achieve this state that are just as effective. Try taking a hot shower or bath to warm up your muscles before stretching or using a heating pad to stretch specific muscles.

TRY THIS TIP

No heating pad? No problem! Take a face towel and damp it with water. Place the wet towel in the microwave for 30-60 seconds. Put the hot towel into a plastic bag and before you seal the bag, air out the towel to your desired temperature.



As you begin to go into your stretch, notice when you start to feel the pull on your muscle. This is the starting point of your stretch. A lot of people rush through the starting point and go as far as the muscle will stretch and then proceed to try and relax into it. Your muscles will instinctively tighten to try and protect the area perceived to be unsafe and when you push the muscle to its end range of motion, your nervous system kicks in and starts to guard the area by shortening the surrounding muscles.

“Your muscles will instinctively tighten to try and protect an area perceived to be unsafe”



Breathing properly during a stretch helps to down regulate the nervous system and normalize our heart rate. When breathing through a stretch, you want to inhale through the nose then exhale through the mouth. As you exhale, gently stretch further by a few inches until your body brings you to a stop. On your next exhale, try reaching just a few centimeters until you reach your end range. At that point, hold the stretch for another breath.

TRY THIS TIP

While breathing through your stretch, try inhaling for 4 seconds and exhaling for 8 seconds.



Stretching should be the dessert to your workout, a great start to your morning and a decompressing way to wind down after a long day. Take at least 10 deep breaths in each position, 4 seconds inhaling and 8 seconds exhaling, and give your body a chance to not just stretch but *unwind* as well. Take full advantage and be thorough with your stretch.

“Give your body a chance to not just stretch but unwind as well”



If at any point the stretch is uncomfortable to perform, stop the stretch and try a different variation. If you feel pain from stretching an area or muscle, cease stretching. Your body may be telling you something is injured, and you should seek further assessment from a professional.

MOST COMMON FAQ'S

How Often Should You Stretch?

Ideally you should stretch daily and the frequency of stretching throughout the day should increase with added stress and physical activity.

How Long Should I Stretch?

Start with the 10 deep breaths and increase the time as your comfort, flexibility, and range of motion increase.



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