

STRETCHING PROGRAM BETTER BACKS & BODIES

OUTER LEG

- Stand upright and cross your right leg behind your left leg
- Lean forward slightly and to your left side until you feel a stretch on the outside of your right leg
- Hold for 30 seconds
- Repeat on the other side

TIP: Lean on a chair or wall for support



STANDING BACK EXTENSION

- Stand with feet together with legs strong and quadriceps pulling up
- Tuck the tail bone under and suck your tummy in
- Place hands on the buttocks - not the lower back
- Looking forward, roll the shoulders back and down
- Gently arch the spine backwards
- Hold for 15 seconds
- Repeat 3-5 times



QUADRICEPS STRETCH

- Keep an upright posture and lift your right foot off the ground
- Bend the right knee and grasp your right foot with your right hand
- Squeeze your bottom and push your hips forward
- Gently pull your ankle up and back until you feel a stretch in the front of your right thigh
- Hold for 30 seconds
- Repeat on other side

TIP: If you have trouble lifting your leg, place it on a chair



CALF STRETCH

- Stand one foot in front of another with both feet facing forward
- Bend the front leg keeping the back leg straight and heels on the floor
- Keep hands on the hips while keeping the hips square
- Hold for 30 seconds
- Repeat on other side



STANDING SIDE STRETCH

- Stand upright with feet together
- Place your left hand on your hip and bend your upper body to the right while continuing to face forward
- Hold for 30 seconds
- Repeat on the other side

TIP: Pushing gently with the hand on your hip can help to increase the stretch



SIDE GROIN AND SHOULDERS

- Begin in a standing position and step your right leg to land with a bent knee facing the side
- Keep your left leg stretched out straight, toes facing forward
- Bring your left arm across your chest while using your right arm to pull it towards your chest
- Hold the stretch for 15-30 seconds
- Repeat on the other side with bent left leg and stretched out right arm



Stretching For A Healthy Back Poster

**Michigan's Exemplary Physical
Education Curriculum Project**



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Stretching for a Healthy Back Poster ,1997 **The Complete Doctor's Healthy Back Bible** Stephen Charles Reed,Penny Kendall-Reed,Michael Ford,Charles Gregory,2004 A practical manual for treating back pain This book summarizes current information on low back pain and provides full coverage of both traditional and complementary therapies with supporting research Monthly Catalog of United States Government Publications ,1989 **Fitness Education for Children** Stephen J. Virgilio,2011-10-12 In the latest edition of his book Fitness Education for Children A Team Approach Stephen Virgilio emphasizes the importance of collaboration to combat obesity and promote active lifestyles Virgilio shows how you can combine the efforts of physical educators administrators classroom teachers school volunteers parents school lunch personnel health service professionals and others in the community Virgilio provides new suggestions and information on incorporating the team approach to help schools meet wellness policy objectives He spells out a school wellness approach with the physical educator as physical activity director and guides you in integrating school fitness breaks and activities in the classroom curriculum He also offers new exercise rhythmic and pedometer activities as well as new fitness games provides current research and statistics on childhood obesity and approaches to intervention includes a completely new chapter on yoga including activities for school aged children and presents information on the stages of behavioral change helping teachers modify long term health behaviors in children This new edition also includes updated Activitygram Fitnessgram procedures and a discussion of SMART goals You ll find a new section on teaching children with autism spectrum disorder and the current USDA s MyPlate You ll also receive the most recent physical activity guidelines for children from the Centers for Disease Control and Prevention and help in developing programs that support those guidelines And you ll find updated references throughout the book as well as new websites for further information Fitness Education for Children also offers strategies for cross curricular activities and classroom collaborations as well as suggestions for using technology to enhance your communication with students and parents Written for veteran and new physical educators as well as students preparing to enter the profession this text covers the gamut of issues that educators need to know to provide effective fitness education Those issues include the principles of fitness teaching children with disabilities planning lessons teaching fitness concepts collaborating with other teachers and getting parents and your community involved You also receive updated developmental exercises and active games and activities and you ll learn how to hold exciting schoolwide events Fitness Education for Children offers a blueprint for battling obesity in school aged children by promoting healthy lifestyles This book will help you understand the educational philosophy instructional strategies assessments and pedagogical models that will transform your curriculum into a springboard to a lifetime of healthy activity for the children you teach

Monthly Catalogue, United States Public Documents ,1989-07 **The Art of Preserving Health** Charles Gilman Currier,1893 Healthy Back Building William Whitney,1997 This text gives an overview of a full approach to reducing low

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The Art of Breathing as the Basis of Tone-production Leo Kofler,1897

Transit Operator Health and Wellness

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