

Stretching by Bob Anderson

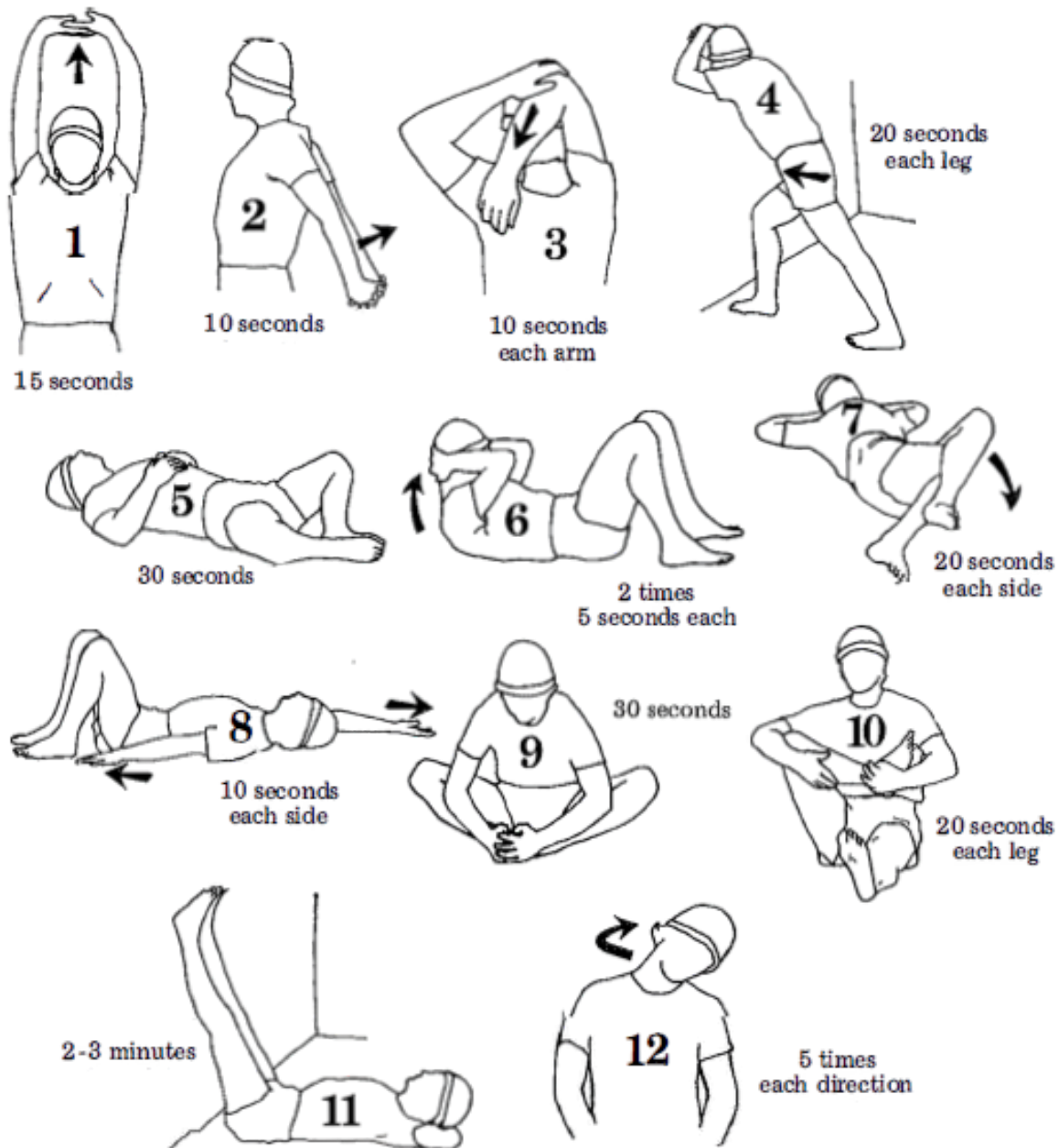
Illustrated by Jean Anderson



After Sitting

Approximately 5 Minutes

This is a series of stretches to do after sitting for a long time. The sitting position causes the blood to pool in the lower legs and feet, the hamstring muscles to tighten up, and the back and neck muscles to become stiff and tight. These stretches will improve your circulation and loosen up those areas that are tense from a prolonged period of sitting.



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For Lower Back Tension

Approximately 4 Minutes

These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. Do not overstretch.

