AT THIS TIME LET'S GO OVER SOME OF THE BASIC TECHNIQUES OF STRETCHING:

- Don't stretch too far, especially in the beginning. Get a slight stretch and increase it after you feel yourself relax.
- Hold a stretch in a comfortable position; the stretch tension should subside as you hold it.
- Breathe slowly, deeply and naturally—exhale as you bend forward. Do not stretch to a point where you cannot breathe normally.
- Do not bounce. Bouncing tightens the very muscles you are trying to stretch. Stretch and hold it.
- Think about the area being stretched. Feel the stretch. If the tension becomes greater as you stretch, you are overstretching. Ease off into a more comfortable position.
- Do not try to be flexible. Just learn to stretch properly and flexibility will come with time. Flexibility is only one of the many by-products of stretching.

OTHER THINGS TO BE AWARE OF:

- We are different every day. Some days we are more tight or loose than other days.
- You have control over what you feel by what you do.
- Regularity and relaxation are the most important factors in stretching. If you start stretching regularly you will naturally become more active and fit.
- Don't compare yourself with others. Even if you are tight or inflexible, don't let this stop you from stretching and improving yourself.
- Proper stretching means stretching within your own limits, relaxed, and without comparisons.
- Stretching keeps your body ready for movement.
- Stretch whenever you feel like it. It will always make you feel good.