

Module 2: Looking in Your Blind Spot
Topic 6 Content: Simple Stretching and Simple Breathing

Simple Stretching



Simple stretching techniques are used to maintain flexibility. Stretching helps increase range of motion and reduce compression or impingement of a joint. Stretching should be performed before and after your workout, but can also be used to alleviate stress. Examples include:

- Hamstring stretch
- Quadriceps stretch
- Back stretch
- Shoulders stretch
- Triceps stretch

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Simple Breathing



SIMPLE BREATHING

- **Relax your shoulders.**
- **Place one hand on your chest and the other on your belly.**
- **Inhale through your nose for about two seconds.**
- **Exhale out your mouth**
- **As you breathe in, your belly should move outward.**

Simple Breathing techniques are controlled breathing that keeps your mind and body functioning at their best. Breathing can lower blood pressure, promote feelings of calm and relaxation, and help you manage stress. Techniques are as follows:

- Relax your shoulders.
- Place one hand on your chest and the other on your belly.
- Inhale through your nose for about two seconds.
- Exhale out your mouth.
- As you breathe in, your belly should move outward.