

Daily Full Body Stretches for Wellness



The best stretching program, exercise or activity is one that you will do.

What are your goals? Set small doable goals to start.

- Find 2-3 stretches that work a targeted body area.
- Find a specific time of day to do stretches.
- Perform daily for 10-15 minutes, 2-3x/week.
- Journal the activity and how you are feeling and any benefits.
- Remember...exercise can be fun!

For more information, look at the tips and stretches below from HTC Physical Therapist Kay Craig, DPT.

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.