

Pre & Post Walk Stretching

Getting Ready to Walk – Warm Up and Cool Down

Start (and end) your walk at a slow, leisurely pace to warm up (cool down) your muscles – 5 to 10 minutes. Warmed muscles are much more pliable and easily stretched. Hold each stretch with easy tension for a count of 20 or 30, without bouncing.

STRETCH #1 – CALVES

Stand in a walking position with one leg stretched straight behind you and the other leg bent in front of you. Using a wall, chair or lamppost for support, lean forwards and push your heel down until you feel the stretch in the upper part of your back calf. Make sure both feet are pointing straight ahead and that your heels stay on the ground the whole time. Switch legs and repeat stretch.



STRETCH #2 – HIPS

Stand in a stride standing position. Put both hands on your hips or front knee while keeping the back knee straight. Push your pelvis forward keeping your back straight. The stretch should be felt in front of the hip and slightly down the front of the thigh. Switch sides.



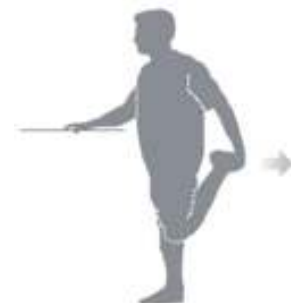
STRETCH #3 – HAMSTRINGS

Place one heel on a low step or bench and, keeping your knee and back straight, bend your upper body forward from your hips. You should feel the stretch behind your knee. Switch legs.



STRETCH #4 – ACHILLES TENDON

Standing with one leg slightly behind the other, push your heels down while bending your knees.



STRETCH #5 – QUADRICEPS

Hold onto something for support with one hand and grab your ankle with the other hand. Pull your ankle towards your bottom, and then try to straighten your knee while resisting with your hand and allowing no movement. Then pull your ankle toward your bottom again. Repeat with other leg.

Employee Walking & Pedometer Challenges

Be Active & Win Points



User Name:

Your Wellness Program

Password:

Log In

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Forgot Password?

Welcome/Home

Personal Trackers

Success Stories

Health Tip

Challenges

My Teams

Event Calendar

Motivational e-card

Help

Welcome to your company's Wellness Tracker site!

This is a fun tool to inspire healthy lifestyles, to help you track your health behaviors and invite you to engage in fun workplace challenges designed to motivate you and celebrate your successes.

Ready to get started? It's easy ...

1. Click "Not registered?"
2. Agree to the License and then enter your company name in Site Selection field (if requested).
3. Complete your personal Profile.

Need help? Click [here](#) for a short tutorial.

Let's have fun while experiencing profound lifestyle improvements!

Register today!

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