



LOWER BACK & HIP STRETCH

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes
- Optional: Yoga mat or towel

Directions

- Before beginning, make sure you have room to stretch out.
- Sit with your left leg straight in front of you.
- Bend your right leg, cross your right foot over and rest it to the outside of your left knee.
- Then bend your left elbow and rest it on the outside of your upper right thigh, just above the knee. During the stretch use the elbow to keep this leg stationary with controlled pressure to the inside.
- Now, with your right hand resting behind you, slowly turn your head to look over your right shoulder, and at the same time rotate your upper body toward your right hand and arm. As you turn your upper body, think of turning your hips in the same direction (though your hips won't move because your left elbow is keeping the right leg stationary).
- This should give you a stretch in your lower back and side of your hip. Hold for 15 seconds.
- Now Try with your other side,
- Don't forget to breath easily



When TRYing stretches, the most important thing to remember is to pay attention to and respect your body. Stretching should never feel painful. If a stretch feels painful, that's a sign that you have taken it too far, and need to back off. When done correctly, stretches can be a fantastic way to release stress year-round. Which stretches will you TRY next?

Always get your parents' help or permission before attempting this move.
(You never know, they may want to join you!)

