

# Stretch before you start

Dig. Lift. Reach. Bend. Now that's what we call exercise! Hey, you could be burning up to 300 calories an hour. Limber up first. Your joints, muscles and back will thank you!

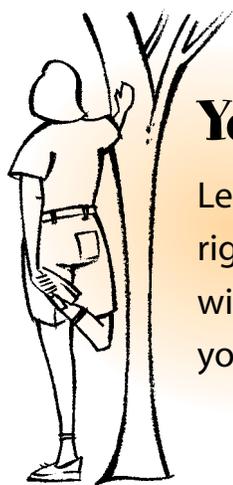
To plant and rake without the ache do each of these exercises 5 times, holding each for 15 seconds.

Don't bounce, jerk or strain. It should be a gentle stretch, not a pain.



## Your Sides

Extend one arm over your head. Bend left from the waist. Then right.

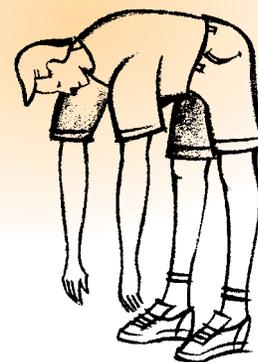
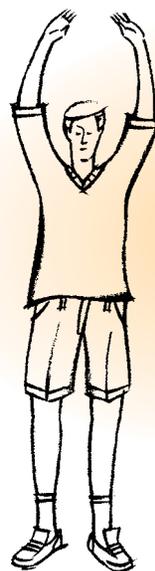


## Your Thighs

Lean against a tree. Bend your right knee and grasp your ankle with your left hand. Repeat with your left knee.

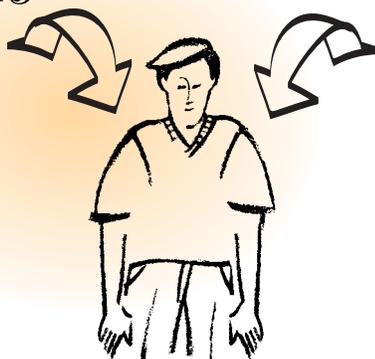
## Your Hamstrings

Stand. Reach your hands to the sky. Then bending at the waist, reach towards your toes.



## Your Shoulders

Let your arms hang loose. Rotate your shoulders forward. Then rotate back.



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## Your Wrists

1. Hold one arm out in front of you, palm down. Bend your wrist until the fingers point to the ground. Use your opposite hand to hold this position.



2. Keep your arm straight, place your palm in the "stop" position. Use your opposite hand to hold this position.



3. Place your hands in "prayer" position, and press palms together.

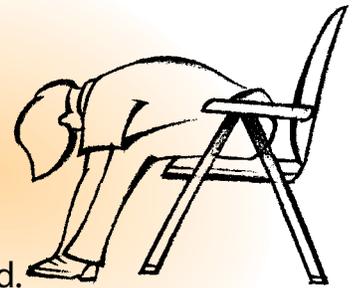


## Your Arms and Shoulders

Hug yourself snugly and slowly rotate at the waist, as far as comfortable to the left, then right.

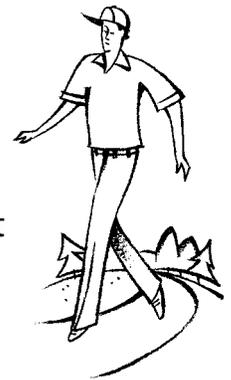
## Your Back

Sit, bend from the hips, keeping your head down. Reach for the ground.



## Overall Conditioning

Take a walk, even on the spot. 10 to 15 minutes should do it. Don't forget to lift your knees and gently swing your arms.



**H**ave the right tools for the task at hand  
**E**nsure you drink plenty of fluids  
**A**lternate between light and heavy jobs  
**L**ift correctly  
**T**ake frequent breaks  
**H**eavy loads should be shared  
**Y**our feet should be protected with thick soled supportive shoes

**B**efore you start, warm-up your muscles  
**A**void muscle strain, learn the right techniques  
**C**hange positions frequently  
**K**neel to plant and weed  
**S**pinal check-ups can help keep your back healthy

## Take Care of Your Back

Back or muscle pain that lasts longer than 48 hours is your body's way of saying it needs help. See your chiropractor.

Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.



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