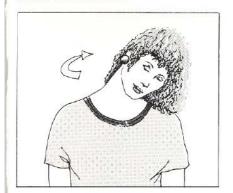
# SPRING BODY MECHANICS

It's finally April, and spring is almost here. We hope. After spending the last six months indoors, most Minnesotans want to be outside doing as much as they can as quickly as they can. Before you do that – STOP and take note of this important safety message!

Spring time brings the opportunity to do chores and tasks that use muscles you may or may not have used during winter. That means if you push too hard, lift too much, or bend too quickly, you may end up sore, injured, or in the doctor's office. That's something we should all try to avoid if possible.

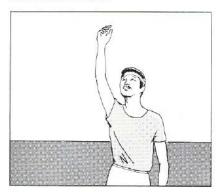
Your muscles have a 'memory' and when they haven't been used in a certain way in a while, they tend to forget how to move. Before you undertake new activities, take five minutes to stretch and flex your muscles to 'warm them up' so that you can safely perform the tasks you want to complete.

### Head & Neck Roll



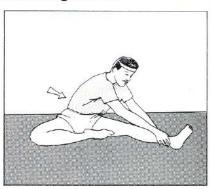
Relax and let your head roll forward, chin to chest. Slowly rotate your head from side to side without straining neck. Repeat 5 times in each direction.

## **Overhead Reach**



Alternating arms, reach each hand over head as if you were trying to reach the ceiling. Hold 8-12 seconds. Repeat 5 times with each arm.

## **Hamstring Stretch**



Sit as shown and slowly reach toward the ankle of your straight leg. Hold 8-12 seconds. Repeat 5 times on each side.

## Leg Stretch



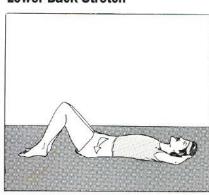
Position yourself as shown and slowly lower your torso to your forward knee. Hold 8-12 seconds. Repeat 5 times on each side.

## Chest and Back Stretch



With hands clasped behind your head as shown, slowly push backward with your elbows. Hold 8-12 seconds. Repeat 5 times.

### Lower Back Stretch



Lie on the floor as shown. Press the small of your back toward the floor while tightening your stomach muscles.
Hold 8-12 seconds. Repeat 5 times.