

# #WalkARLChallenge

## Five Stretches to Try before or after Your Walk

After you've warmed up for a few minutes by walking in place or walking slowly, try these stretches before and after your walk. Stretching helps prevent injury and improves your performance. Hold each stretch for 15 seconds to 1 minute, depending on your comfort level.



Thigh Stretch



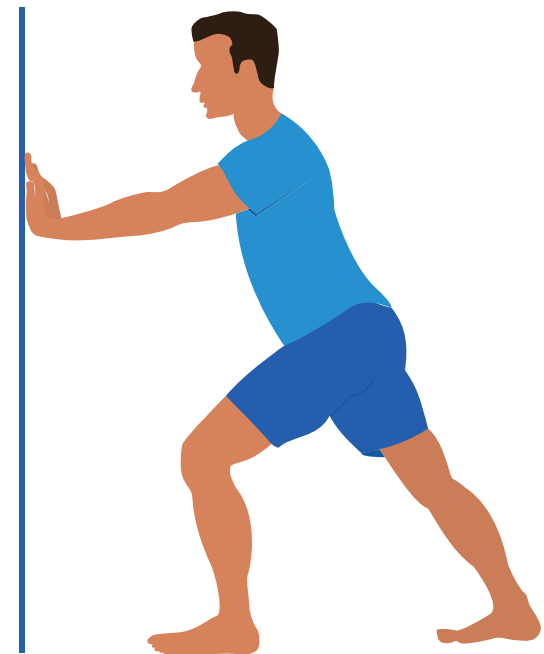
Overhead Stretch



Hamstring Stretch



Hip Stretch



Calf Stretch