

Enjoy this one page book excerpt from the award winning ***Walk Like a Bear, Stand Like a Tree, Run Like the Wind*** by author Carol Bassett, founder of NuBod Fitness.

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Stretching

Before you start stretching, you need to know just how flexible you already are. Some people's bodies are naturally more flexible than others; remember, you're not competing against your friends or family to see who can stretch the furthest; you should only concentrate on your own body's flexibility.



There is also a right way and wrong way to stretch. For instance, you should never bounce when you're stretching because you could over-stretch. Stretching should feel good when done correctly. Most importantly, make stretching a regular part of your day. Each time you stretch, you will become more flexible. Remember to breath!



Bounce up, Buddy
Remember bouncing is for
trampolines, not stretching



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