

January 2019

- The American Council of Sports Medicine establishes basic guidelines for stretching:
- Adults should do flexibility exercises at least 2 or 3 days each week to improve range of motion.
 - Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
 - Repeat each stretch 2 to 4 times, accumulating 60 seconds per stretch.
 - Static, dynamic ballistic and PNF stretches are all effective.
 - Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

Name _____

From January 21 – February 15, 2019 the goal is to complete at least 12 sessions of stretching for at least 10 minutes. Please submit your completed log sheets to Mandi Artino by February 22, 2019.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	21 <i>Length of Time</i> --	22 <i>Length of Time</i> --	23 <i>Length of Time</i> --	24 <i>Length of Time</i> --	25 <i>Length of Time</i> --	26 <i>Length of Time</i> --
27 <i>Length of Time</i> --	28 <i>Length of Time</i> --	29 <i>Length of Time</i> --	30 <i>Length of Time</i> --	31 <i>Length of Time</i> --	1 <i>Length of Time</i> --	2 <i>Length of Time</i> --
3 <i>Length of Time</i> --	4 <i>Length of Time</i> --	5 <i>Length of Time</i> --	6 <i>Length of Time</i> --	7 <i>Length of Time</i> --	8 <i>Length of Time</i> --	9 <i>Length of Time</i> --
10 <i>Length of Time</i> --	11 <i>Length of Time</i> --	12 <i>Length of Time</i> --	13 <i>Length of Time</i> --	14 <i>Length of Time</i> --	15 <i>Length of Time</i> --	