

# Walk/Run FIT

## Stretching

### **What is stretching?**

Stretching, also known as flexibility training, is an important part of attaining a healthy, fit, balanced body. Flexibility describes the Range of Motion (or R.O.M.) available surrounding the joint. For maintaining a healthy joint, movement should be limited only to the joints functional R.O.M.

### **Static Stretching:**

Static Stretching refers to stretches that are controlled and sustained. This is a safe stretch to use after walking/running. Yoga is a great way to compliment your run!

### **Key Muscle Groups:**

Here are some sample stretches for key muscle groups to focus on while stretching after a run:

Hamstrings – Back of Thigh

Quadriceps – Front of thigh

Hip Flexors – Front of Hip

Gluteal Muscles – Back and Side of Hip

Gastrocnemius and Soleus – Back of Calf

Pectorals – Front of Chest

Erector Spinae - Lower Back

\*Be sure to hold static stretches for at least 15- 30 seconds or until a release is felt!