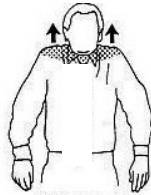


# DON'T LET THE DIRT HURT!

Stretch your way to a healthier you and a more beautiful garden in just 12 minutes!!!

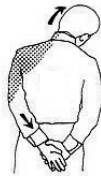
Contact your local County Extension Service for more information on stretches, gardening, or other agricultural activities.

[www.uaex.edu](http://www.uaex.edu)



### Shoulder Shrugs

- Raise shoulders towards ears
- Hold 5 seconds
- Relax downward to a normal position



### Neck Tilts

- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then to the other
- Hold 5 seconds on each side



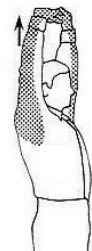
### Wrist/Forearm Stretch

- Place hands palm to palm
- Rotate palms around until they face downward, keeping elbows even
- Hold 5 seconds



### Back and Hip Stretch

- Bend left leg over the right leg and look over the left shoulder
- Place right hand on the left thigh and apply slight pressure
- Hold 5 seconds
- Repeat for the right side



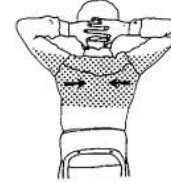
### Upper Body Stretch

- Interlace the fingers, turn palms upward and straighten the arms above the head
- Elongate arms to stretch through the upper side of the rib cage
- Breathe deeply and hold for 10 seconds



### Hamstring Stretch

- Sitting, hold onto the upper left leg just above and behind the knee
- Gently pull the bent knee toward the chest



### Upper Back Stretch

- Interlace the fingers behind the head with elbows out
- Pull shoulder blades together
- Hold 5 seconds
- Relax



### Neck Stretch

- Sit or stand with the arms hanging loosely
- Gently tilt the head forward
- Keep the shoulders relaxed and downward
- Hold 5 seconds



### Wrist/Forearm Stretch

- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5 seconds



### Back Stretch

- Lean forward
- Keep head down and neck relaxed
- Hold 10 seconds
- Use hands to push back up



### Side Stretch

- Hold the left elbow with the right hand
- Gently pull the elbow behind the head to feel a stretch in the shoulder or back of the upper arm
- Hold 10 seconds
- Repeat on the right side



### Hand/Finger Stretch

- Separate and straighten fingers
- Hold 10 seconds
- Bend fingers at the knuckle
- Hold 10 seconds
- Repeat

**Stretching 4 minutes before, during and after you garden can reduce tightness, stiffness, and increase productivity for any gardening activity.**

