

# Stretches for Post Walking

By Michelle Rogers, CPT

For instructions, see video at [www.michellerogers.fit](http://www.michellerogers.fit)

1. Bring heart rate down
  - Little marches in place
  - Add deep breaths, arms sweep up and down (4)
2. Little lunges side to side (8)
  - Hold each side
3. Bring both feet together, one foot in front, toes up, hold stretch, deep breaths (2)
  - Toe down, hold stretch
  - Repeat other foot
4. Round up slowly
  - Step out to side and round down, bending knees, touch floor or knees, round up one vertebrae at a time
  - Repeat
5. Use foot roller, at least 1 minute each side