

# KINECTED



## 4 QUICK WAYS TO RELAX YOUR BODY AFTER A DAY OF TEACHING

For Educational Purposes Only. Not Intended To Be Used As A Substitute For Professional Advice. Please Check With Your Doctor Before Starting Any New Activity/Fitness Program.

### 1. Tennis Ball Under Feet



After a long day of standing in front of the class, standing on a ball can offer a significant release for built up tension.  
**HOW:** Put your foot on top of a relatively new tennis ball as you stand holding the wall. Start with the front of the arch and gently push down on the ball. Roll the ball to different spots on the bottom of your foot until you find a sore or sensitive one. Lean 20% more weight on the foot and hold for 30 seconds. Repeat 3-5 times. Avoid the area directly in front of the heel, especially if you have chronic pain there.

### 2. Side Lying Hip Stretch



Tight hips can cause unwanted low back tension. This stretch addresses the most common tightness.  
**HOW:** Grab the foot of your upper leg as you lie down on your side. Support the head with the other hand as you gently pull the top thigh backwards. Don't let your lower back arch. Once you feel a moderate stretch, place the bottom ankle just above the top knee and gently press down. This should create a good stretch on the outer knee. Hold for 30 seconds. Repeat twice per leg.

### 3. World's Greatest Neck Stretch



Feel the release of stress and you do the following:  
**HOW:** Create a tall spine by visualizing the chin gently moving back as the crown of the skull is pulled straight up to the ceiling. Place interlaced hands behind the head and tuck the chin as your forehead moves down toward your belt line. Once the chin is close to the collarbones and the stretch is felt in the back of the neck, hold position and start to pull up on the back of the skull to increase the pull. Hold 45 seconds and repeat twice. Come out of this stretch gently.

### 4. Hamstring Wall Stretch



Sit parallel to the wall with your hip as close to the wall as possible. Carefully lift your legs on to the wall and swing your hips so your tailbone is facing the wall. This is the start position. Next get heavy on your tailbone and make sure you have it contacting the floor with a bit of space under the low back. Straighten your knees, Pull the toes down toward you and push the heels to the sky. Sit here for 1-2 minutes and feel the stretch in the back of the legs. If you cannot contact the floor with your tailbone simply move away from the wall until it touches.