

**Small Changes for Health 2006**

Week   34  



Stretching is an important part of any exercise routine, and should be performed before and after every workout. Even if you don't exercise regularly, stretching everyday is still a good idea. Doctors and physical therapists recommend stretching each day because it can improve flexibility. Flexibility gives you a better range of motion and allows you to perform such tasks as lifting heavy objects and bending over with ease. Besides giving you increased flexibility, stretching also improves circulation, relieves stress, enhances coordination, and gives you better posture. Do your muscles a favor and stretch for at least 5-10 minutes each day this week.

**Your Small Change: For this week, make sure that you stretch for at least 5-10 minutes each day this week.**

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400 or 5419. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week   34  

**Your Small Change: For this week, make sure that you stretch for at least 5-10 minutes each day this week.**

1. How many days did you do this activity? (Circle number of days below)

1    2    3    4    5    6    7

2. How hard was it to accomplish? (Check your answer below)

Very Easy     Somewhat Easy     Neutral     Somewhat Hard     Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes                       No

4. Other Comments:

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Please return the bottom half of this form to  
Health Promotion in Room 910, at the end of this week.

