

# STRETCHES TO SUPPORT YOUR WALKING

For heart information and support,  
call our Helpline on **13 11 12** or visit  
**heartfoundation.org.au**

Terms of use: This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation website at [www.heartfoundation.org.au](http://www.heartfoundation.org.au) for Terms of Use.



© 2020 National Heart Foundation of Australia ABN 98 008 419 761

## Why stretch

Stretching before or after exercise can aid performance, endurance and recovery. Stretching can help to increase your range of motion and prevent injury to your muscles and joints; helping to improve your walking form. Stretching regularly can also reduce stress and anxiety and leads to a healthier heart.

## When to stretch

You can stretch \*before and/or after you exercise.

\*If stretching before you exercise, start with a brief warm up by marching on the spot or walking for 3-5 minutes.

## Tips

- Hold each stretch for 10-30 seconds.
- Avoid bouncing.
- Repeat each stretch 1-4 times.
- Stretch slowly, ease in and out of each posture.

The Heart Foundation suggests only participating in the recommended exercises to the extent that your personal physical capability allows. The Heart Foundation does not accept any liability, including for any injury, loss or damage, resulting from your participation in the recommended exercises. Participant discretion is advised.

Here are some great stretches you can start with.

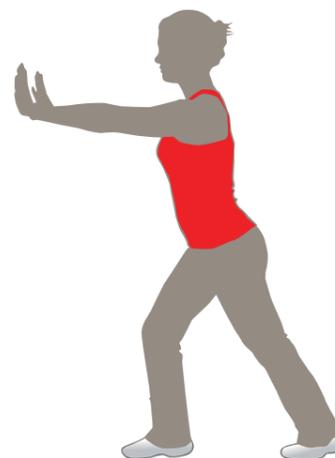
## QUADRICEPS STRETCH

- Hold your ankle - tummy tucked
- Knees together
- Those who find balance a bit tricky may like to try holding on to a nearby bench or tree for extra support



## CALF STRETCH

- Back straight
- Back leg straight
- Heel on ground
- Front leg bent
- Supported by tree / pole / car / bench



## HAMSTRING STRETCH

- Back straight
- Back leg bent
- Front leg straight
- Toes up
- Lean forward



## SHOULDER STRETCH

- Bring arm across to opposite shoulder
- Support arm with other hand



Proudly supported by