

SAFETY BLITZ

HEALTH & WELLNESS

STRETCHING



STRETCH

/streCH/

straighten or extend one's body or a part of one's body to its full length; be made or be capable of being made longer or wider without tearing or breaking.

STRETCHING BASICS

- Just like stretching before exercise can help warm up the body for movement, stretching in the morning can help prepare the body for the day. A few good stretches with deep breathing can give a burst of energy to start off the day.
- Stretching can help reduce stress and anxiety by increasing serotonin levels and calming the mind.
- Stretching increases blood flow, boosts oxygen levels, and helps deliver nutrients to muscles. This can help reduce strain on the heart and cause blood pressure to be more consistent.
- A regular schedule of stretching helps keep muscles and joints strong and reduces the risk of injury.
- Stretching keeps muscles flexible, strong, and healthy, and helps maintain joint range of motion. It can also improve posture.

STRETCHING CAN BE DONE ANYWHERE!

ARM RAISES

Place your feet together, breathe in and raise your arms over your head slowly for a count of four, hold your breath for a count of four and then lower your arms slowly for a count of four. Do this five times.

CALF STRETCHES

Holding the side of your truck or trailer, stand with your feet shoulder width apart and slowly raise up as far as you are comfortable onto your toes. Hold for a count of five and then slowly lower your heels back to the ground.



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Thank you to Love's Travel Stops for partnering with our team this year to promote Healthy Lifestyles.



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STRETCHING BASICS CONTINUED

DOWNWARD STRETCH

Stand with your feet shoulder width apart and your knees softly bent. Slowly bend at the waist and let your arms hang loosely toward the ground. Don't worry about touching your toes, just let your body stretch using its own weight. Never bounce or force yourself lower than feels natural. Breathe slowly and deeply three times. Ease into the stretch with each exhalation. Slowly straighten your back, tucking your chin in as you rise, feeling each vertebrae click into place. Keep your midsection tight and repeat five times.

EXTENSIONS

Stand with your feet shoulder width apart. Put your hands on your hips or lower back. Tilt your head so your chin is reaching toward the sky. While keeping your balance lean your head back and thrust your hips gently forward letting your shoulders lean backwards with you. Once in this position you can also let your arms hang down behind you. Do this for a count of three and then lower your chin, pulling in your hips and stomach while slowly standing back up into the starting position.

TRICEP STRETCHES

Place your hands at shoulder height, with your palms flat against the truck or trailer with elbows slightly bent. Now turn your fingers inward as far as you can so they face toward each other. Hold for the count of five. Now drop one arm and look over the shoulder of the arm still in place. Count to five and then lower the arm slowly. Start this from the beginning for the opposite arm.



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