



Beginner Runner & Walker Stretches

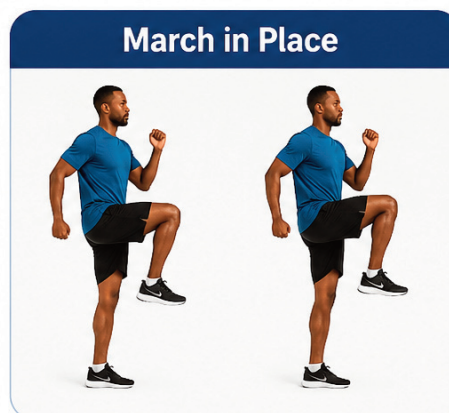
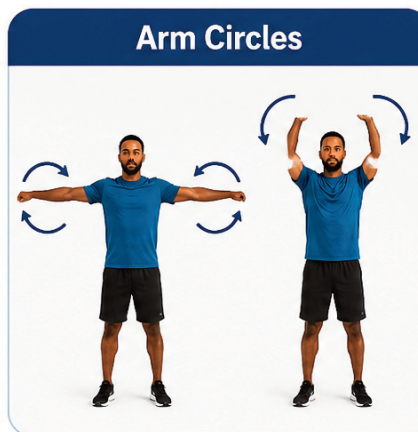
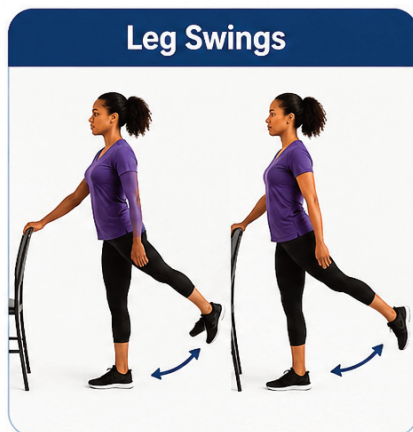
These are simple, safe stretches great before or after walking/running.

BEFORE Activity (Dynamic Warm-Up)

These stretches help warm up the body and increase movement.

1. Leg Swings

- Hold a wall or chair
- Swing one leg forward and backward
- Then side to side
- 10–15 swings each direction



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BEFORE Activity (Dynamic Warm-Up)

2. Arm Circles

- Small circles forward and backward
- Gradually make circles larger
- 20 seconds each direction

3. Walking Knee Hugs

- Walk forward slowly
- Pull one knee toward chest
- Alternate legs
- 10 reps each leg

4. Heel-to-Toe Walk

- Walk slowly placing heel directly in front of toes
- Helps balance and ankle mobility
- 20–30 feet

5. March in Place

- Lift knees comfortably high
- Swing arms naturally
- 1 minute



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Beginner Cool-Down Stretches (After Exercise)

1. Standing Calf Stretch

Calf Stretch

- Hands against wall
- One leg back, heel down
- Lean forward gently
- Hold 20–30 seconds

2. Hamstring Stretch

Hamstring Stretch

- Put heel on low step or curb
- Keep leg straight
- Lean forward slightly
- Hold 20–30 seconds

3. Quad Stretch

Quadriceps Stretch

- Pull ankle toward glutes
- Knees together
- Hold wall for balance
- Hold 20 seconds

4. Hip Flexor Stretch

Hip Flexor Stretch

- Step into gentle lunge
- Push hips slightly forward
- Hold 20–30 seconds

5. Shoulder & Chest Stretch

- Clasp hands behind back
- Open chest gently
- Great for posture while walking/running

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Important Stretching Tips for Everyone

- Dynamic stretches BEFORE activity
 - Static stretches AFTER activity
 - Never bounce during stretches
 - Stretch to mild tension — not pain
 - Breathe deeply and relax
 - Hydrate well, especially training in Georgia summer heat
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Best Areas Runners & Walkers Should Stretch Most

1. Calves
 2. Hamstrings
 3. Hip Flexors
 4. Glutes
 5. Lower Back
 6. Achilles Tendon
 7. Shoulders/Posture Muscles
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Simple 5-Minute Stretch Routine

Perfect for your RUN Initiative participants:

Before Walking/Running

- March in Place — 1 min
- Leg Swings — 1 min
- Arm Circles — 30 sec
- High Knees or Easy March — 1 min
- Walking Lunges — 1.5 min

After Walking/Running

- Calf Stretch — 30 sec each
- Hamstring Stretch — 30 sec each
- Quad Stretch — 30 sec each
- Hip Flexor Stretch — 30 sec each
- Deep Breathing — 1 min