

prairienaturals® *Monthly Stretching Challenge*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm up first. Much like taffy, muscles stretch more easily when warm.</p>		<p>BC Day August 1</p>	2	3	4	5
		5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
6	7	8	9	10	11	12
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
13	14	15	16	17	18	19
15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
20	21	22	23	24	25	26
20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes
27	28	29	30	31	<p>Breathe. Don't hold your breath while you are holding a stretch.</p>	
30 minutes	30 minutes	30 minutes	30 minutes	30 minutes		

