# Get Flexy

It is not a stretch to say that stretching is one of the best ways to prevent injury and combat the effects of aging. Flex toward wellness with these three moves (hold all for 10 to 30 seconds).

❶ Upper Body

Standing a little farther than arm's length distance from a wall with your feet hip-width apart, place your hands in front of you and walk them up the wall until they are above your head and you feel a stretch in your upper body.
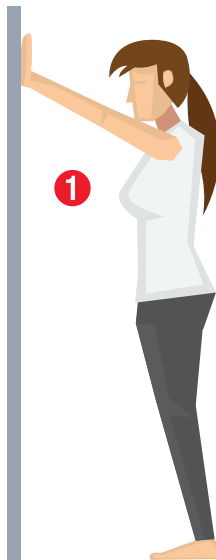
❷ Neck

Keeping your head level while sitting or standing, slowly turn your head to the right until you feel a stretch along the left side of your neck. Repeat on the opposite side.

❸ Back of Leg

Lie on your back with your left knee bent and your left foot planted flat on the floor. Raise your right leg, keeping a slight bend in your knee. Grasp your right leg and gently pull while keeping your head and shoulders on the floor. Repeat on the opposite side.