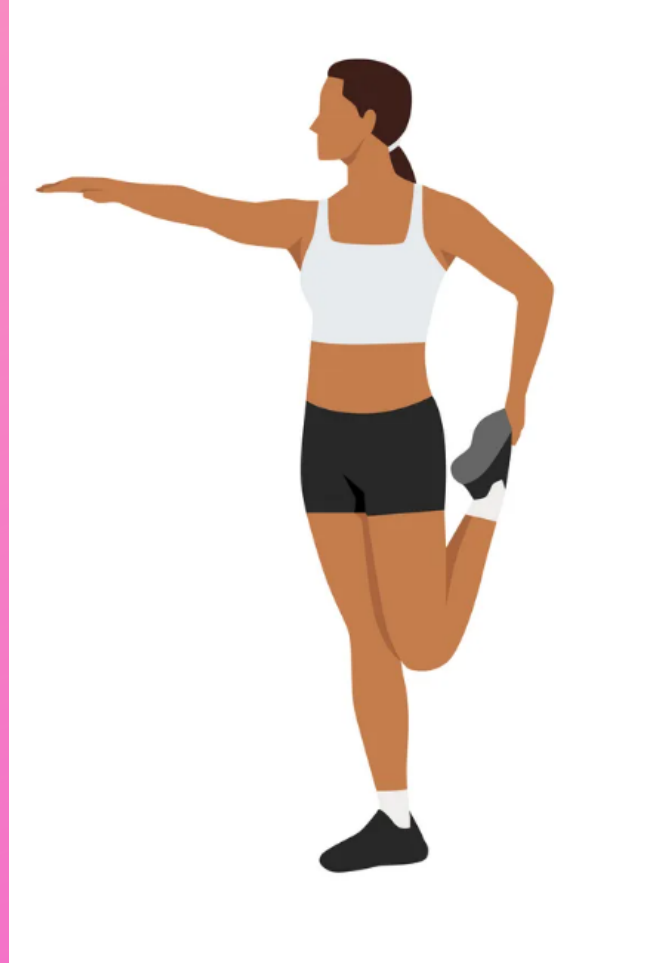


# RUNWILD



**CALF STRETCH**



**QUAD STRETCH**

HOLD EACH  
FOR  
30 SECONDS!

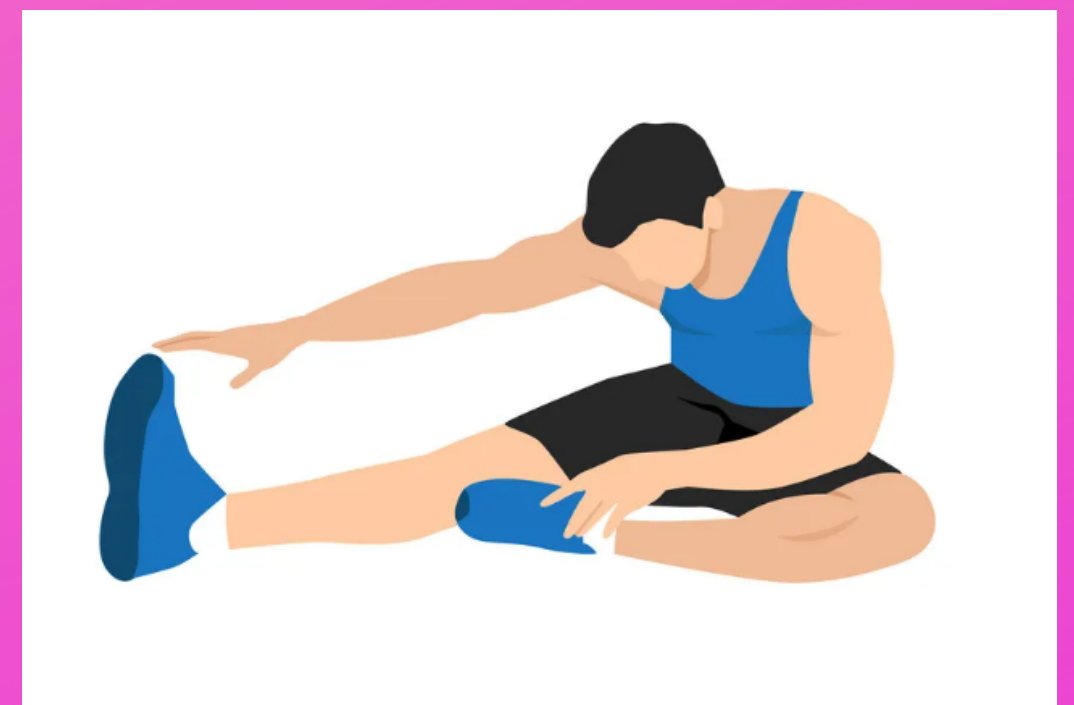


**BUTTERFLY STRETCH**

DON'T  
BOUNCE



**HIP FLEXOR STRETCH**



**HAMSTRING STRETCH**

DO BOTH  
SIDES!

Stretching can improve flexibility and help prevent pain and injury. You can do these stretches when you walk or run for RunWild.ca or for any sports or activities. They can also help with growing pains. If anything hurts while stretching, you should stop and seek care.

**HAVE FUN!**

