



# Dance With Us! But First Stretch With Us!

## Warning!

The Bottle Dance is not for everyone. For your safety, you should be in good health and free from high blood pressure, heart, back, or neck problems, motion sickness, or other condition that could be aggravated by this dance. Supervise children at all times.

### Stretch:

Stretching is important for a good warm-up and cool-down and is one of the best ways to prevent and avoid muscle soreness, cramps, and injury.

Here are some helpful tips for proper stretching:



- Do a short warm-up before stretching, such as walking or marching in place. Stretching is more beneficial when your muscles are warm.
- Stretch in both directions (i.e., if you stretch to the left, don't forget to stretch to the right).
- Avoid fast, jerky movements. Stretch slowly and smoothly.
- Stretches should not be painful. Gentle stretching is best. When you repeat the stretch, you should be able to stretch a little further without pain.
- Hold each stretch for 15-60 seconds. Do not bounce.
- Repeat each stretch if possible.
- Breathe slowly in and out. Do not hold your breath.
- Relax, enjoy, and feel good about yourself.
- Stretch often, if possible every day.



### Important:

Never stretch if you have pain. If a stretch causes pain, stop doing it.

Listen to your body.