



# SMart Stretch 2015

Congratulations! You walked the **Slow Marathon 2015**, all the 26.2 miles from Portsoy to Huntly through deep forests, dangerous rivers, mooing cow herds and high over barbed wire fences.

Time to rest, aye?

More exercise is probably the last thing you want to do right now. But hold on. There's still stretching to do.

SMart Strech [With Alice] is fun & good for you. You might hate it today, but gratefully weep tomorrow when your muscles are not in pain.

Here are some SMart Strech Moves you can do with us.

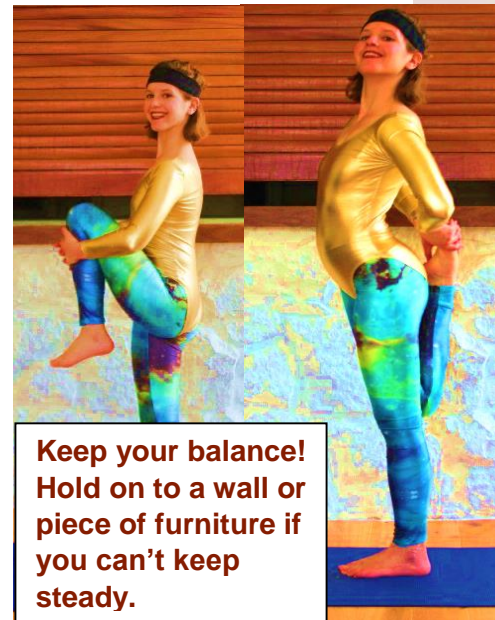
**You don't want your knees to shake from anything but happiness!**



Stretch your HAMstrings with a smile!



Squat!  
Clap!  
Frog!  
Push your knees apart with you elbows and hold.

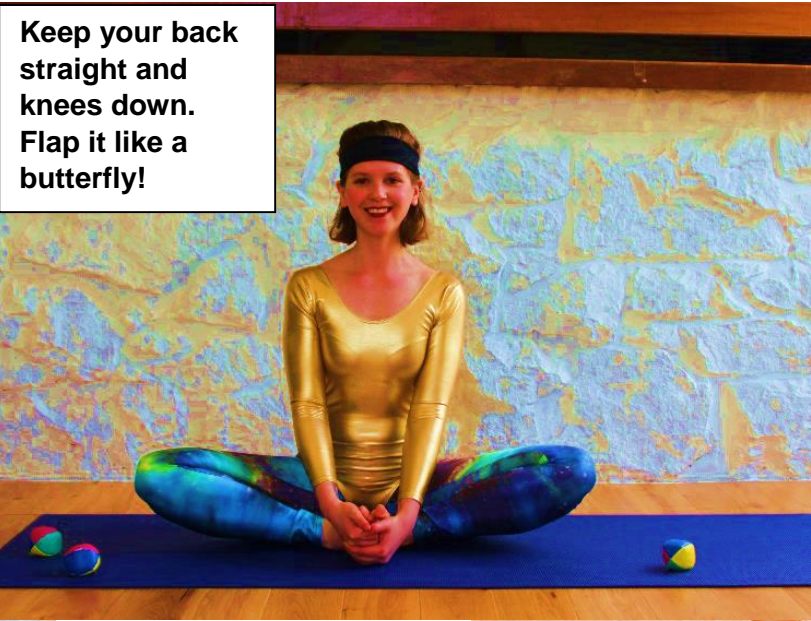


Keep your balance!  
Hold on to a wall or piece of furniture if you can't keep steady.





Keep your back straight and knees down. Flap it like a butterfly!



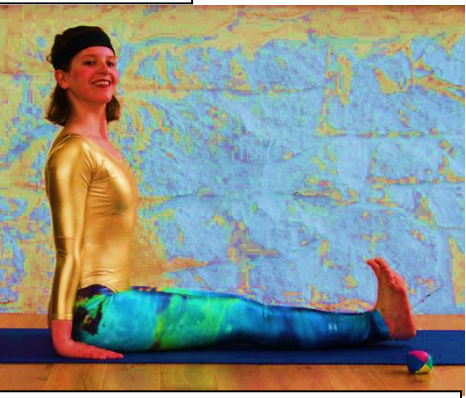
**Make your calves happy!**



Thankful Pose. Clasp your hands over your head, stretch all the way up and then bend backwards



Mega-back-stretch. Cross your right foot over your left thigh and hug the knee with left arm. Look over your right shoulder with your whole upper body. Keep your back straight and balance with right hand stretched behind you. Repeat on both sides.



**Point & Flex them toes!**

Alice Maselnikova 2015