DON’T LET THE DIRT HURT!

Interlace the fingers
Neck Stretch
Separate and straighten
Gently pull the elbow
Move hands down
Keep the shoulders
Lean forward
Hold 10 seconds
Hold 10 seconds
Hold 10 seconds
Place hands palm to
Hold 5 seconds
Sitting, hold onto the
Gently tilt the head
Wrist/Forearm Stretch

Stretches, gardening, or other agricultural activities.

Contact your local County Extension Service for more information on stretches, gardening, or other agricultural activities.

www.uaex.edu

Stretching 4 minutes before, during and after you garden can reduce tightness, stiffness, and increase productivity for any gardening activity.