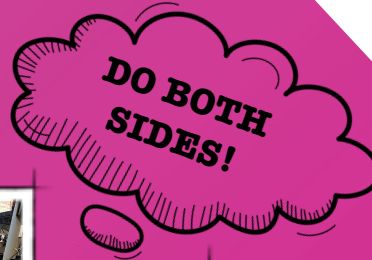




RUN WILD



BUTTERFLY STRETCH



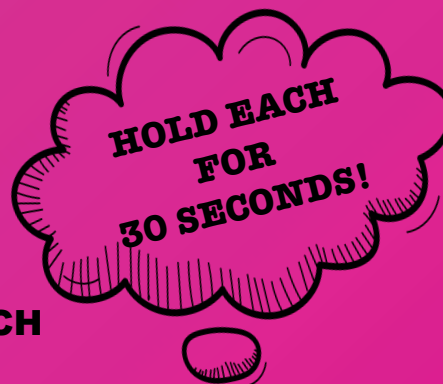
CALF STRETCH



HIP FLEXOR STRETCH



HAMSTRING STRETCH



QUAD STRETCH



Stretching can improve flexibility and help prevent pain and injury. You can do the 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 get help.
HAVE FUN!!