**Hours**

Mon-Thur: 8am–12am  
Fri: 8am–7pm  
Sat-Sun: 12pm-6pm  

**Announcements**

Check out our yoga classes!  
Yin Yoga in Caldwell at 12:10 on Wednesdays & Body Flow in Kane at 4pm on Fridays.  

**Tip of the week**

If you have a desk job, do some easy exercises to help avoid or release some tension.  
Take a deep breath and lift your shoulders up to your ears. On the exhale, bring your shoulders down. Repeat this 3 times.

10 Simple stretches in 10 min.
1. Standing forward bend  
2. Plank  
3. Upward facing dog  
4. Side Plank  
5. Shoulder stretch  
6. Heart Opener  
7. Seated and Twist  
8. Child’s Pose  
9. Seated Forward bend  
10. Corpse Pose

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**STRETCH!**

Have you ever been running and all of sudden you feel the clenching of your calf muscle? Or while swimming, maybe you feel like your toes are crossing against your own will? If you answered yes to either of these questions, then you have experienced a cramp. No one likes cramps; they are annoying, painful, and debilitating. In this issue, I’m going to focus on how to get rid of cramps, and also how to prevent them. The best way to do this is by stretching.

The first rule about stretching is to know what you’re stretching. Pick a muscle group and focus on that. If you are a linear person, start with your lower body and work your way up.

Before you even start stretching, make sure you warm up. Roll your wrists, your neck, and rotate your arms. Increasing your blood flow will help prevent injury. Make sure you also breathe while stretching. The worst thing you can do is hold your breath. If you feel ready to go into a deeper stretch, move into that deeper stretch on an exhale.

This will help you reach your optimal stretching potential.

Be aware that you are not bouncing while you stretch. Some may think that because you can feel the muscle literally being stretched, your doing something good. This is wrong. Bouncing could cause tiny tears and scar tissue. If you feel pain while stretching, stop. You should at most feel a bit of discomfort.

This may be obvious, but make sure you stretch evenly! If you stretch your left hamstring make sure you stretch your right one. Your body needs to be balanced, even when it comes to muscles.

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“**You cannot always control what goes on outside, but you can always control what goes on inside**”  
-Mr. Yoga

**Fitness Class Schedule available at**  
[KaneCenter.cua.edu](http://KaneCenter.cua.edu)

Like Kane Center on Facebook for class updates, cancelations & event reminders!
Hike at Shenandoah National Park—Sign up at Kane!

Cardinal Adventures

Highlights

- **Yin Yoga:** Basic yoga poses that are held for a moderate length of time. Test your flexibility in Caldwell Hall.

- **Body Flow:** Another class of basic yoga stretches with a twist. Some Pilates is thrown in for a bit of a challenge.

![You can be this flexible too!](image)

Pilates Workout

1. **Pelvic Curl:** Lie on your back, knees bent. Slowly lift your tailbone up on the inhale, and then slowly set back down on the exhale.

2. **Spine Stretch:** Sit with your legs extended. Inhale and bring your arms about shoulder height; exhale and curve forward to your toes.

3. **The Hundred:** Lie on your back with shins and ankles parallel to the floor. On the exhale, bring your head up with your chin tucked, and raise your legs off the floor. Keep them as low as possible without shaking.

4. **Swimming:** Lie on your stomach, arms stretched out in front. Lift right arm and left leg at the same time. Repeat with left arm and right leg.