

Guided Stretching

Stretching Videos for Standing, Sitting, and on the Floor

My Health Onsite Health Coach, Donna Casey, MS, ACE-CHC, TTS, walks you through a series of full-body stretches to promote flexibility/balance and help prevent injury. These guided exercises are easy to do virtually anywhere. And best of all, no equipment is needed!



Stretch While Standing

▶ Watch Now: <https://youtu.be/KC7ehB5h6Wc>

Stretch While Sitting

▶ Watch Now: <https://youtu.be/Bh7SUNEmOVE>

Stretch on Floor

▶ Watch Now: <https://youtu.be/SOYJvsA2kaE>

Always consult your healthcare provider before beginning any exercise program or diet/nutrition program. This content is for general information and education only, and is not intended to diagnose any medical condition or to be a substitute for professional medical advice, diagnosis, or treatment. You should immediately stop any exercise and consult your healthcare provider if you experience pain, nausea, dizziness, or shortness of breath. If you think you are having a medical emergency, call 911. Learn more at: myhealthonsite.com/privacy-policy. My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | ©2021 My Health Onsite | All Rights Reserved. REV032021