



## Transcript: Gentle stretch and cool down video

Hello. My name is Lizzie, and today I'm joined by Anthea and by Marion, who are both living with blood cancer, and we're just going to take you through a very quick cool down.

So if you've done some of the other exercise videos, this is a really good place to come to to just try and release a little bit of tension, get a little bit more length back into some of the muscles that you've maybe shortened and contracted while you've been working them. Alright?

### Marching

We're just going to bring ourselves to a nice little, nice, little gentle march, so maybe just kind of flushing the body out, getting a bit of breath going. How are we doing? Alright?

So we're going to demonstrate some of these seated and standing. And so you can do these stretches anywhere, alright, they're all doable, so we're going to hold them just for a few seconds. But if I can encourage you to maybe try and increase the length of time that you stretch for, that will give you huge benefits.

Alright, so let's just give the legs a final little march out, good, and then come to stand still, maybe just roll the shoulders a couple of times. And it's really important when we stretch that we accompany the stretches with some neat, nice, deep breathing as well.

### Calf stretch

Alright, so we're just going to begin taking the leg back coming into a calf stretch, and we'll stay up for these ones Marion, and then we'll sit down. So really push the back heel into the ground, and if you need to, you can hinge forwards from the hips. Get a bit more stretch through there. Couple of breaths and switch soft bend in the front knee. Great guys, well done. Press the back heel down. Nice, big breaths. One more round of breathing. Good, lovely, fantastic.

### Quad stretch

And we'll do our quad stretch standing. So Marion, you're going to take hold of the trousers. If you can't reach your foot, grab hold of some clothing. So grab hold of your leggings or your trousers, or even your sock, because sometimes it's quite difficult to reach the front of the foot.



And then again, I want a soft standing leg in the knee, and then press the hips forward, stand up tall, bring the knees together and try and get the knee down to the ground. And we're just here for a couple more breaths, just stretching out the muscles at the front of the thigh. They get used a lot. And slowly release if you need to Marion, come round to the other side so you've got something to hold on to. Brilliant.

And we're going to go to the other side. So there's a bit of a challenge for your balance as well. And again, remember to breathe. Sometimes we hold our breath when we stretch. Good, lovely. Couple more rounds, that's it really. Push the hip forward so you get more length through there. Fantastic. And slowly down. Good, lovely.

Let's bring ourselves to a seated position, and Anthea, you can stay standing, good, lovely.

### Hip stretch

So we're going to bring our knee up towards our chest, and then we're going to bring the heel across and come into a nice stretch for the hips, for the glutes, for the big buttock muscles, and we're just going to stay here for a nice few rounds of deep breathing. Inhaling, flexing the toes, bring them back to protect your knee. Good, lovely. You should really feel that knee outside. You're feeling that, feeling that, yeah, good, lovely, and fold the knee in other side. That's it.

So the focus is on trying to get the knee out to the side and flex the toes. As I mentioned, you can increase the time you stay here for the stretch. That's great, good, lovely, fantastic, and bring the knee back in. Good.

### Chest stretch

Reach back for the back of the chair, Marion, or you can interlace your hands Anthea, and we're just going to lift and stretch the chest. Really draw the shoulder blades back towards each other, give them a squeeze. So we open up the chest wall. Lots of muscles here. They get very tight, brilliant. And then slowly, just interlace the hands and push forwards so you get a nice stretch through the back.

Good couple of rounds of breathing. Fantastic.

### Side stretch

And we'll finish with a nice side stretch. So breathe in, out. We come hand on the head or hand on the shoulder, if you need to modify it.

Good, slowly coming back up other side. Good, lovely. So support the head or reach the arm. Brilliant, good, lovely, and just a gentle twist looking over towards that side. Look over your shoulder, Marion. Brilliantly, lovely, super, and come back to center the other way.

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Good, nice big inhale, nice long, slow exhale and slowly come back and then take a nice big breath. Reach the arms up. Big inhale and exhale. Just press the air down.

Wonderful, and that concludes our cool down. So hopefully you're feeling nice and relaxed or maybe even a little bit energized. Lovely. Well done, everybody.