



KEEP IN MIND

- For best results, stretch at least three times a week.
- Hold each stretch for 30 to 60 seconds, breathing slowly and deeply.
- Never force or strain, and be sure to modify and adapt if need be.
- Take each stretch to the point where you're just at your "edge"—not too much sensation, but just enough to feel the muscles elongating.
- Put your mind into your muscles, visualizing your body becoming leaner, stronger and sleeker.



Check out editor-in-chief Diane Hart's blog at oxygenmag.com for behind-the-scenes video of Francisca Dennis