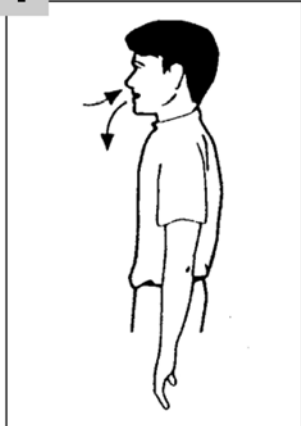


Ten Easy Stretches

1 Deep Breathing



Breathe in slowly through the nose, hold it for two seconds, exhale through the mouth.

Repeat 3 times

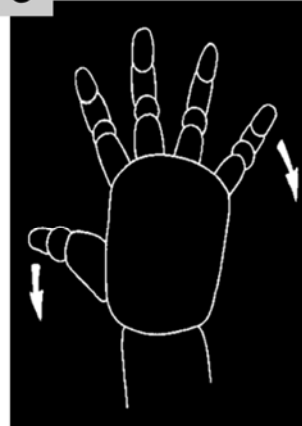
2 Thumb Stretch



With one hand palm up, pull the thumb gently downward. Hold for five seconds.

Repeat 3 times on each hand

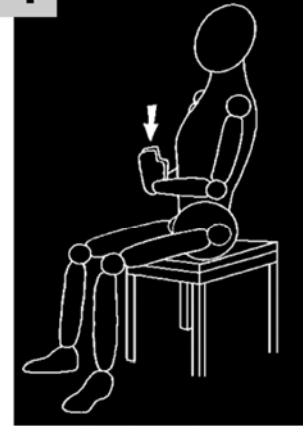
3 Finger Stretch



Both hands: Spread fingers wide. Hold for five seconds.

Repeat 3 times

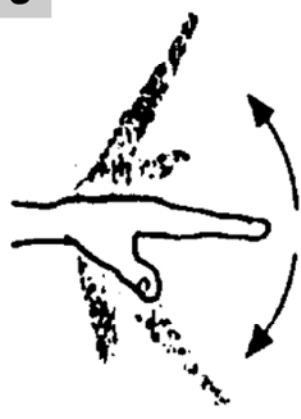
4 Wrist Stretch #1



Place hands together, with fingertips toward the ceiling. Lower hands and forearms toward lap until hands make a right angle to forearm. Hold for five seconds. Relax.

Repeat 3 times

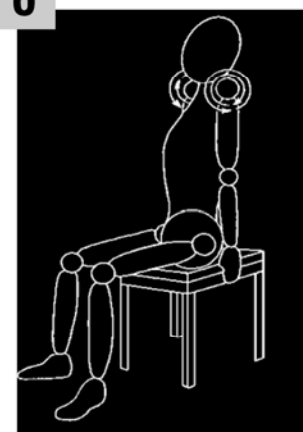
5 Wrist Stretch #2



Hold hands in front of you, parallel to the floor. Raise and lower the hands, pivoting at the wrist.

Repeat 3 times

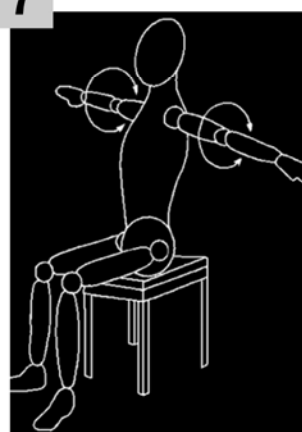
6 Shoulder Roll



With arms relaxed at the side, slowly lift and roll the shoulders forward in a circular motion; then roll them backward.

Repeat 5 times in each direction

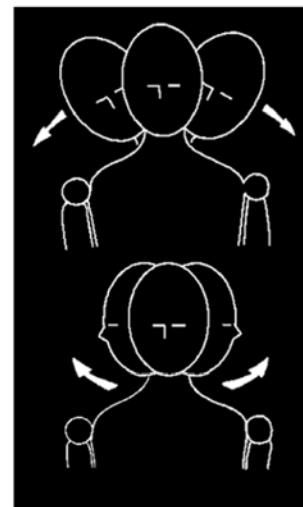
7 Arm Circles



Raise both arms out to the sides, keeping the elbows straight. Make small circles with the arms, first forward then backward.

Repeat 5 times in each direction

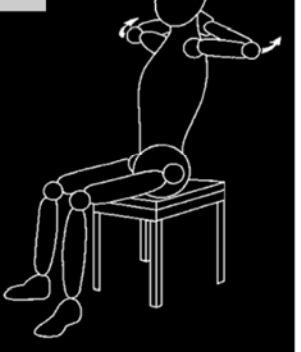
8 Head and Neck Rotation



Tilt the head to the left, bringing the left ear toward the shoulder as far as possible. Repeat to the right side. Bend X5 to each side. Tuck in the chin. Look over the right shoulder as far as possible, then do the same to the left shoulder.

Repeat 5 times in each direction

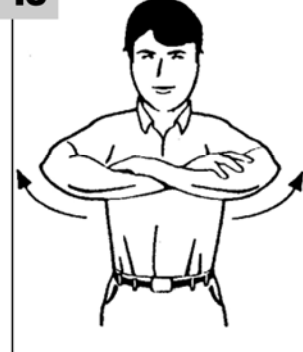
9 Chest Stretch



Lock your fingers behind your neck. Press both elbows back as far as possible. Do not push your head forward. Return to starting position. Relax.

Repeat 5 times

10 Upper Back Stretch



With arms folded at shoulder height, push back on alternate elbows. "Rock the Cradle".

Repeat 5 times in each direction