

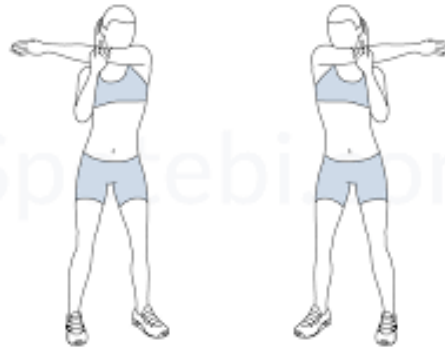


8 DAILY STRETCHES FOR WELL BEING

The best time to stretch is after a hot shower or bath, or after exercise when the muscles are warmed up. Make sure your posture is aligned from head to toe before beginning. Hold each stretch 10-30 sec each side.

ARMS:

Best to do against a flat surface to stabilize your scapula.



Do in increments until you can get into the full position. Start with arms crossed in front, then slide arms so the



elbows are overlapping. Finally point fingers to the ceiling.

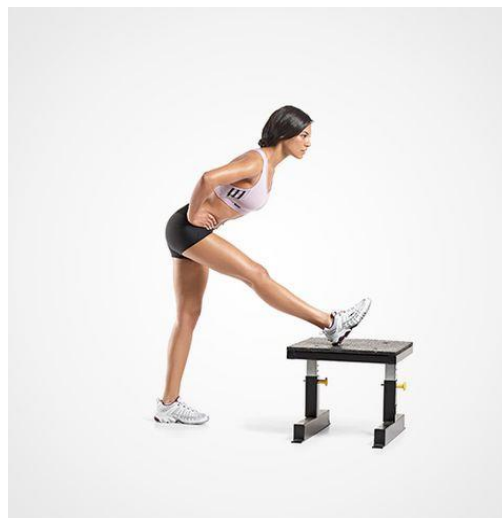


LEGS:

Do in increments starting in a figure 4 position with the bottom foot flat on the ground. You can progress onto your stomach with the bent



leg underneath you.



NECK ROLLS:

(3 EACH WAY, BREATHE IN WITH NECK EXTENDED, BREATHE OUT WITH NECK FLEXED)

