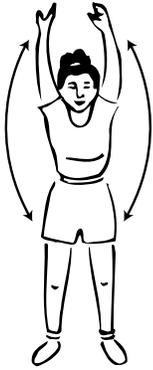


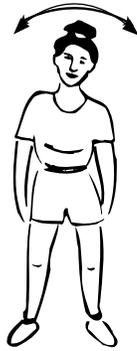
Stretching Activities

Do these stretches gently and slowly. Do not bounce.



1. Deep Breathing

Arms up, breathe in.
Arms down, breathe out.
Two times each.



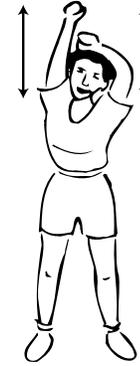
2. Neck Stretching

Side to side two times.



3. Shoulder Stretches

Up and down five times on each side.



4. Side Stretches

Up and down five times in each direction.



5. Waist Stretches

Side to side three times in each direction.



6. Twists

Side to side three times in each direction.



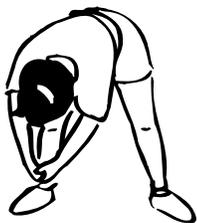
7. Back and Leg Stretches

Down and up five times.



8. Back Stretch

Arms through legs six times.



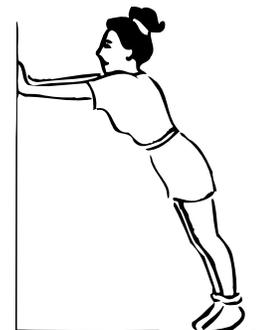
9. Leg Stretch 1

Hold onto ankle, four times on each side.



10. Leg Stretch 2

Down and up five times.



11. Leg Stretch 3

Move heels up and down six times.