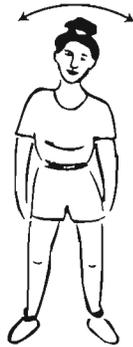


Stretching Activities

Do these stretches gently and slowly. Do not bounce.



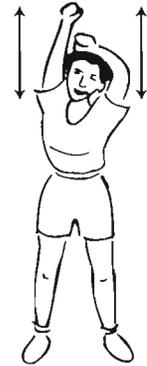
1. Deep breathing
Arms up, breathe in.
Arms down, breathe out.
Two times each.



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.



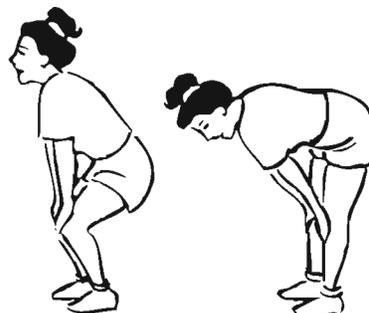
7. Back and Leg Stretches
Down and up five times.



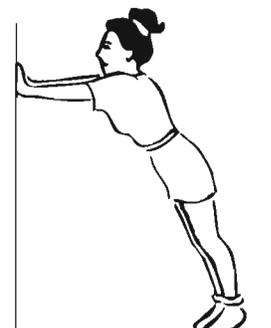
8. Back Stretch
Arms through legs six
times.



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.