

## Stretches

### **Toe Raises**

- Start by standing naturally. Rise up onto your toes. Come back down.



### **Side to side**

- Gently bend your torso to one side, then the other.



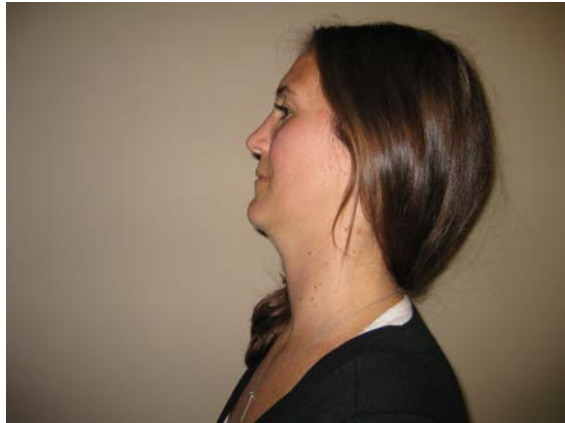
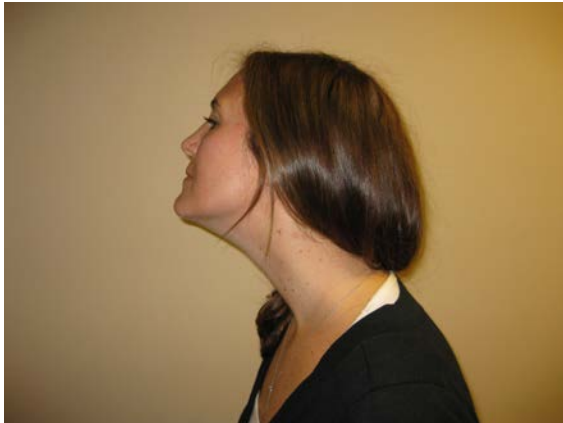
### Neck Stretch

- Gently pull your head to one side, then the other.



### Funky Chicken

- Push your chin as far forward as you can. Then, pull your head straight back, keeping eyes and jaw level.



## Back Bends

- Gently bend as if to touch your toes; then, while supporting your lower back and hips lean gently back.



## Hand Stretches

- Straighten arm in front of you. Slowly bend wrist backward with the other hand until a stretch is felt. Then, slowly bend wrist down and back until a stretch is felt.



## Up 'N Arounds

- Raise your shoulders up toward your ears. Pull your shoulders back, trying to put your shoulder blades together. Finish by relaxing shoulders down to natural position

