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