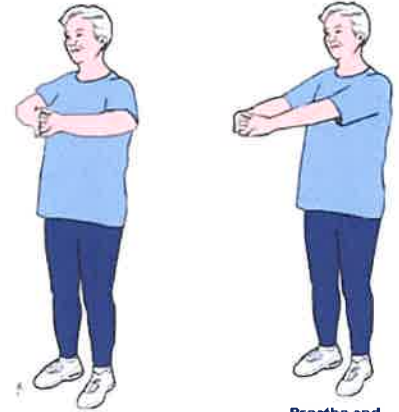


Body Exercises: Try it at Home!

Sometimes stretching can help us relax, so we wanted to provide some ideas for stretches you can do at home! This is not homework, it's completely optional!

Upper Back Reach

1. Begin seated or standing with good posture and relaxed shoulders.
2. Clasp your hands together by interlocking your fingers.
3. Turn your palms away from your body and slowly push your hands out in front of you at shoulder height.
4. Straighten your arms as much as possible until you feel a good pull, but stop if you feel pain.
5. Hold the stretch for 20-30 seconds.



Breathe and hold for a count of 20 - 30

Hamstring Stretch

1. Sit in a sturdy chair with your knees bent at a comfortable, 90-degree angle.
2. Extend one leg in front of you and point your toe at the ceiling.
3. Slowly bend over your straight leg and grab behind your knee until you feel a pull in the back of your leg, but stop if you feel pain.
4. Hold the stretch for 20-30 seconds.
5. Repeat the stretch on the other leg.



Breathe and hold for a count of 20 - 30

Side Stretch

1. Stand or sit with good posture and relaxed shoulders.
2. Raise one arm over your head. Place the other hand on your hip.
3. Lean towards the hand on your hip until you can feel the muscles along your other side stretch, but stop if you feel pain.
4. Hold the stretch for 20-30 seconds.
5. Slowly straighten your body.
6. Repeat the stretch on the other side.

