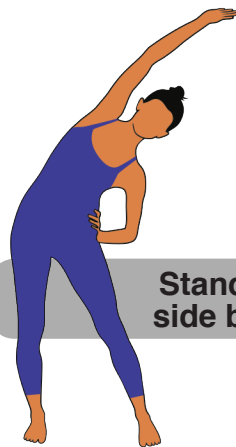


Stretches:

Regular stretching has been shown to improve blood flow and circulation, decrease stress and improve health along with many other benefits of the practice. A stretch should be held in a stagnant position for 30 seconds. Stretching should not cause pain. If you do experience pain, stop stretching that muscle and contact your doctor.



Arms stretched overhead

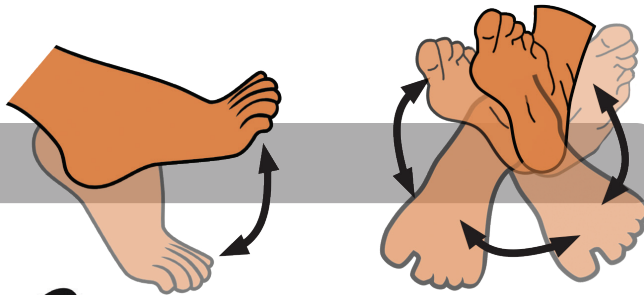


Standing side bend

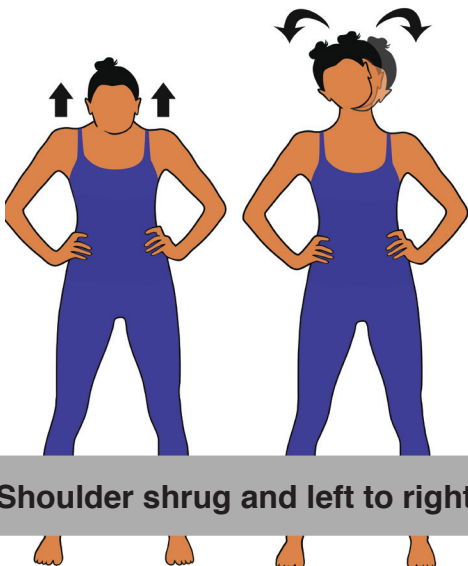


Seated spinal twist

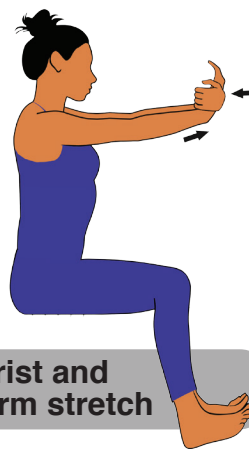
Ankle pumps and Ankle circle



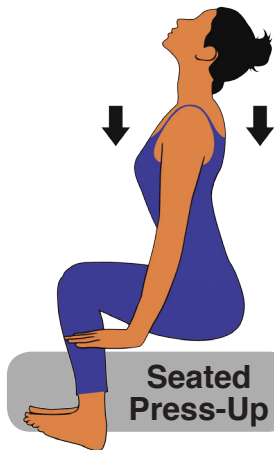
Knee to chest



Shoulder shrug and left to right



Wrist and forearm stretch



Seated Press-Up