

## **\* Gentle Stretching**

Start by standing with your feet shoulder width apart and get into your tallest active posture position. Take a deep breath in through your nose and out through your mouth.

### **1. Stretch hands overhead**

Bring your arms over head and interlace your fingers then press your palm up to the ceiling.

With your hands interlaced overhead, take a deep breath in and feel your body growing longer and resisting gravity.

Then let the air out and feel your body shrinking down as you exhale and slowly lower your arms.

Do this three times.

### **2. Arm stretch**

Bring arms to a "T" position and feel your fingers stretching to each wall. Feel an internal pull like your body is going to split down the middle from the way your hands are lengthening out towards each wall.

### **3. Upper body twist**

Let your arms swing relaxed from side to side as you twist your body.

### **4. Shoulder rolls**

Roll your shoulders in circles back

3-5 times

Roll your shoulders forward

3-5 times

### **5. Loosen-up your neck**

(Do not force the stretch, use gentle and smooth movements)

Look up towards the ceiling without dropping the weight of your head into your neck. then look down

next, look to one wall and switch or twist head to look at the other wall

next, while keeping your face looking forward, tilt your ear to your shoulder; then do the other side.

### **6. Shoulder shrugs**

Raise both shoulders up towards your ears. Hold for 5-10 seconds then release them all the way down.

Repeat 2-3 times.

7. Forward hang

Tuck your chin to your chest, pull in your stomach and bend forward slightly to let your arms hang towards your knees. Do not force the movement, just let the weight of your body pull your hands down toward the ground. Hold this position to feel a stretch in your back and the energy in your fingers. Take a deep breath and roll up slowly feeling each vertebrate stack one by one on top of each other until you are back to your tallest active posture position.

One time.

8. Side lunge

Stand behind a chair (for balance) with feet slightly wider than shoulder width apart. (Don't spread your legs so far apart that you lose your balance.) Point the toes of your right foot out to the side, leaving your left foot/toes pointing forward in place. Lean into the right knee as you go into the lunge. Rock back and forward, maintaining safe knee-over-toe alignments while in the lunge. Switch feet position and repeat, leaning to the left side.

Do this ten times, on each side.

\*As with any exercise routine, please honor your body's signals and do not participate in movement(s) that cause pain, feel uncomfortable or unsafe. If you are unsteady on your feet or have dizzy spells, consider sitting it out. Alternatively, do what you can seated in a chair and/or alter the exercise(s) for your safety. It is important to consult your doctor before beginning a new physical activity routine.

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Feel free to share with others and utilize for mind and body wellness.