



1. Warm up

Prepare the body to stretch and move. Walk briskly around the work area, walk in place, or perform any moderate physical exercise to increase the core temperature of your body.

2. Neutral Standing

Take back what gravity has claimed! Stand tall. Relax your shoulders. Open your chest. Feet should form a comfortable base of support. Breathe normally.

3. Finger Stretch

Stand tall with your arms at your side. Slowly open and close your hands. When you open your hands, spread your fingers as wide as possible. Repeat 5X. Gently shake your hands when done.

4. Shoulder Rolls

Standing in neutral posture, slowly shrug your shoulders upward, roll them back and then down. Repeat this cycle 5X. Don't turtle your head forward.

6. Side Bend Reach

Standing in neutral posture, reach overhead with one arm. Reach as high as you comfortably can. Gently side bend to the opposite side of the raised arm. Gently rotate your head toward the raised arm. Hold for 2-3 seconds, don't bounce. Repeat to the other side with the opposite arm raised. Repeat the movements 2X to each side.

5. Reach for the Sky

Standing in neutral posture, reach up in front of your body over your head. Extend your reach as high as you comfortably can. Slightly extend your trunk and slowly lower your arms out to your sides. Open your chest as wide as possible. Repeat the movements 3X.

7. Trunk Rotation

Standing in neutral posture, keep your pelvis forward, slowly rotate your upper body, and look behind you. Your arms can be extended or your hands be placed on your hips. Hold for 2-3 seconds and repeat to the other side. Repeat 2X both sides.

8. Backward Bends

(Avoid if you are pregnant.)
Stand in neutral posture. Place your hands on your hips, slightly bend your knees, and gently lean backward. Hold for 5-10 seconds. Repeat 3X.

These stretches and movements should be done slowly and smoothly. Do not move in a jerky motion. Continue to breathe normally throughout the exercise session. Do not hold your breath. Modify any movement or stretch if you experience discomfort.

How to modify:

- Reduce the range of movement*
- Reduce the number of repetitions*
- Stop the exercise if none of the above helps*



STRETCHING & MOVING

FOR YOUR
HEALTH