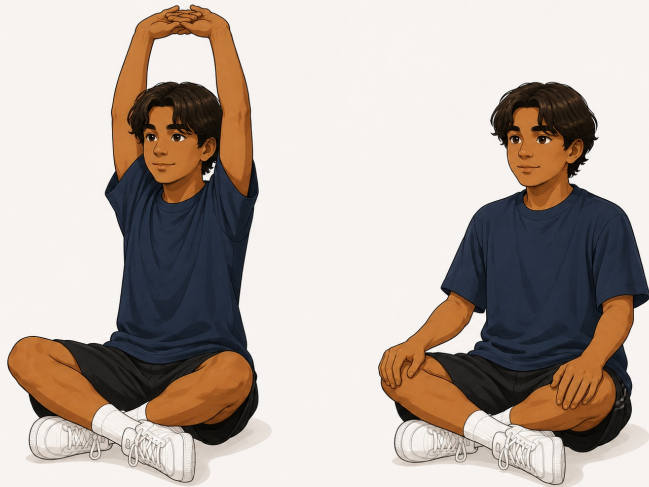


Movement



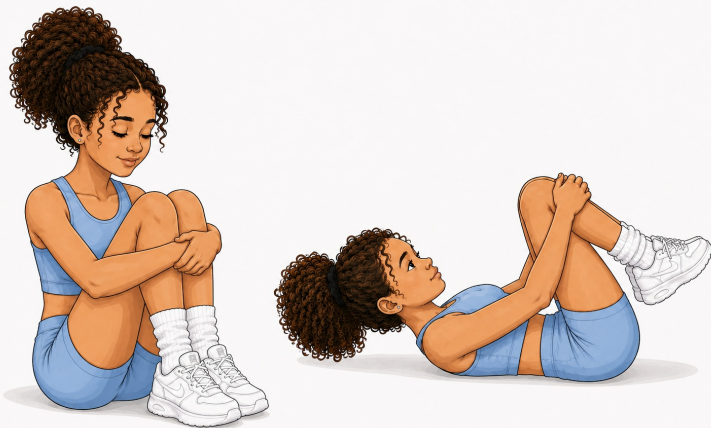
Slow Arm Stretch

Slowly raise your arms as far as feels comfortable, then lower them again.



Wall Push

Place your hands against a wall or sturdy surface and push steadily for a few seconds, then relax.



Knees Toward Your Chest

While sitting or lying down, bring your knees toward your chest, hold for a moment, then release.



Slow Neck Movement

Slowly turn your head from side to side, pausing briefly between movements.