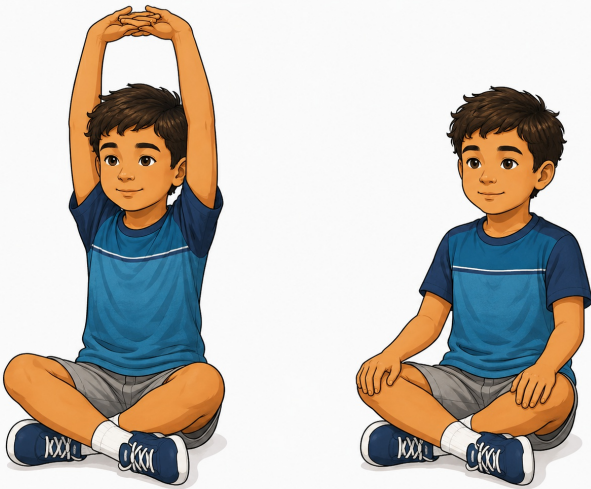


Movement



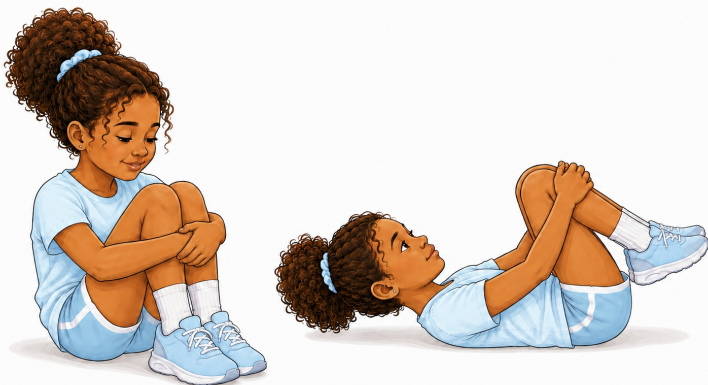
Slow Arm Stretch

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



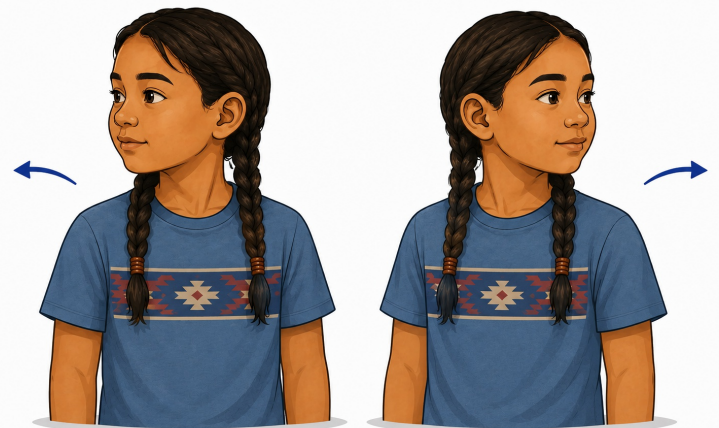
Wall Push

Place both hands against a wall 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 Head Turn

Slowly turn your head to one side, pause, then turn it to the other side.