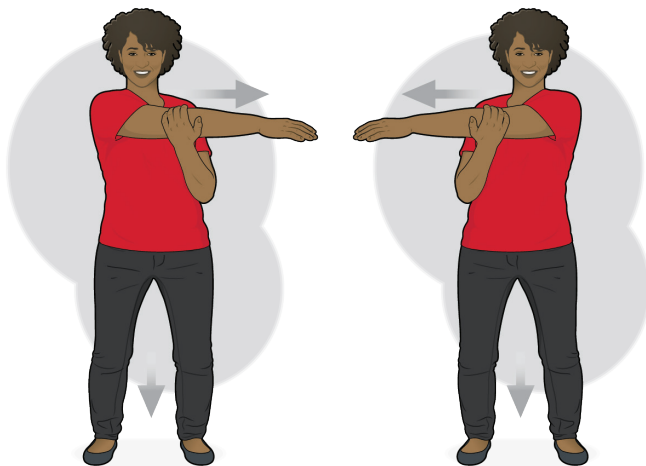
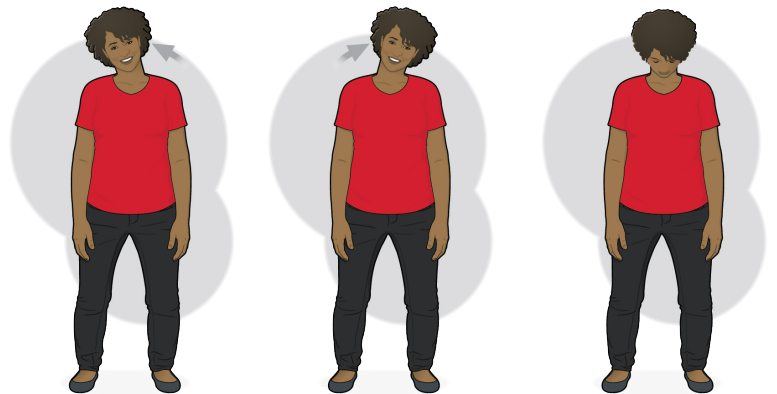


Flexibility Exercises

Stretch 2 to 3 days per week as well. Break up periods of sitting with easy stretches. This is a great way to work stretching into your day, and you will feel better.

Neck Stretch

- Stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and gently bend your head toward your right shoulder.
- Hold it there for 5 seconds.
- Repeat on the left side and hold it for 5 seconds.
- Now tip your head forward toward your chest and hold it for 5 seconds.
- Then tilt your head back, looking up toward the ceiling for 5 seconds.



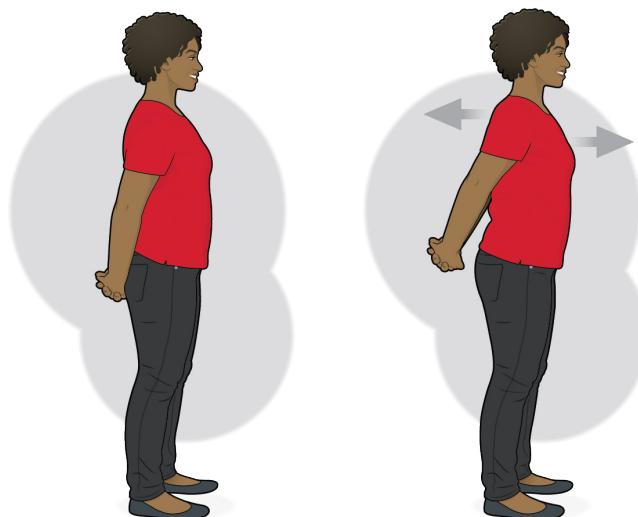
Shoulder/Upper-Back Stretch

- Stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and stretch your right arm across your chest by pulling your right elbow with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.

Flexibility Exercises

Chest/Shoulder Stretch

- Bend your knees slightly, tense your stomach muscles, and relax your shoulders. If you need to sit, sit forward in your chair so your arms can go slightly behind you.
- Move your hands behind your back as close as you can behind you, holding them together if you can.
- Now bring your shoulders back and push your chest forward.
- Hold the stretch for about 10 seconds.



Upper-Back/Back of Arm Stretch

- Stand with your feet a little apart. You can also do this exercise while seated in a chair.
- Your stomach muscles should be slightly tensed and, if standing, your knees should be slightly bent.
- Relax your shoulders and stretch your right arm up reaching behind you by pulling to your right elbow up with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.

Flexibility Exercises

■ Back of Upper-Leg Stretch

- Stand behind a chair with your legs straight.
- Hold the back of the chair with both hands.
- Bend forward from your hips, keeping your legs and back straight.
- Hold this position for 10 seconds, relax, and repeat the stretch again.



■ Calf Stretch

- With straight arms, put your hands on the wall in front of you.
- Place your feet shoulder-width apart.
- Move your right foot back from the wall about 12 inches while bending your left knee and holding your back and right knee straight.
- Bend your elbows slightly and lean in a few inches toward the wall to stretch your right calf.
- Hold the stretch for about 10 seconds.
- Repeat this stretch with the other leg.

