

Stretches and strength exercises to do while getting ready for the day – show a kitchen or bathroom counter, livingroom, or a garden.



1. Forward roll-ups



2. Hip Circles (name change)



3. Hamstring stretch



4. Calf stretch



5. Ankle roll

Step ups (remove)



6. Rotational stretch

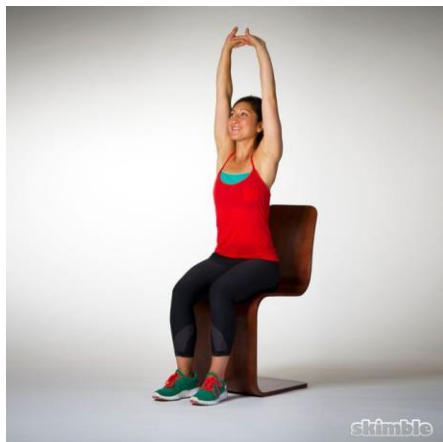
7. Knee bends (remove)



8. Quad Stretch

9. Butterfly Tapping for anxiety/stress – use later

I would like illustrations here that show the exercise with a bit of background like eating breakfast, in the car while parked or stopped at a red light, sitting in a doctor's office, at your desk/computer, etc.)



1. Seated Overhead stretch

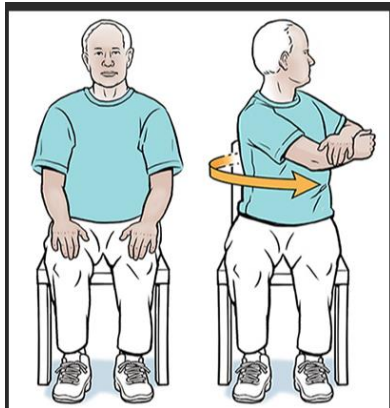


2. Shoulder rolls

Rotational stretch -move



3. Seated forward roll-ups



4. Seated Rotational Stretch

Here show while waiting in line, watching television, at the doctor's office, etc.



1. Overhead stretch



2. Shoulder rolls

Shoulder squeeze – remove



3. Rotational Stretch



4. Quad stretch



5. Calf stretch



6. Hamstring stretch

Stay flexible while traveling on an airplane, a train, etc.



1. Upward Stretch seated

Side neck stretch (remove)

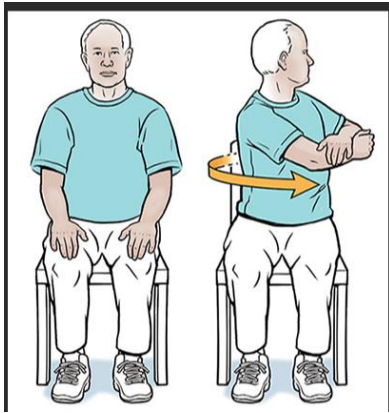
Arm cross shoulder stretch (remove)



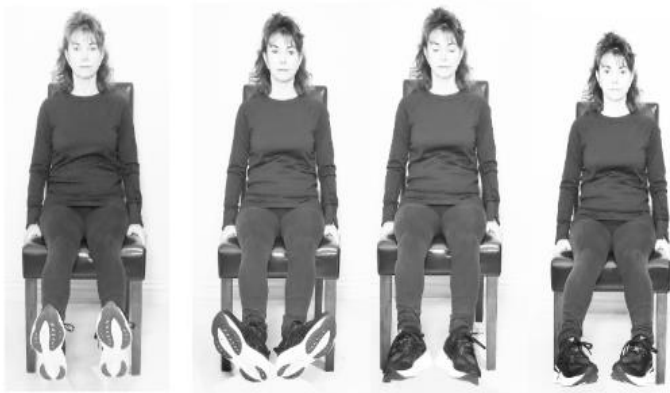
Ankle Rolls



2. Shoulder rolls



3. Rotational stretch



4. Ankle Rolls

Stay flexible and strong while standing near the bathroom



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1. Overhead Stretch



2. Forward roll-ups (Moved here)



3. Side stretches



4. Rotational stretch



5. Calf stretch



6. Hamstring stretch



7. Quad stretch