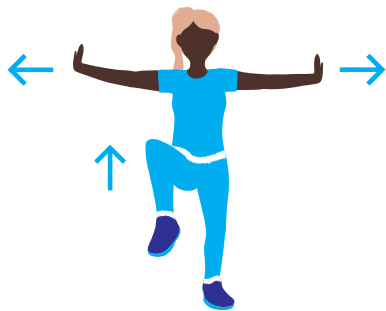


# FIVE WAYS TO MOVE WHILE STRETCHING OUT

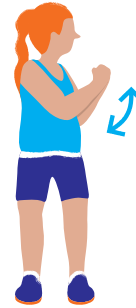
Repeat each activity for **30 seconds**

## Knee raises with expanding arms



1. Stand with your feet shoulder width apart, raise your right knee and then lower.
2. At the same time push both arms out to the side, then bring them back into your chest.
3. Repeat with your left knee.

## Side twists



1. Stand still and place your hands together in front of your chest.
2. Slowly move your upper body to the left, and return to the middle.
3. Then repeat, but to the right.

## Half star jumps



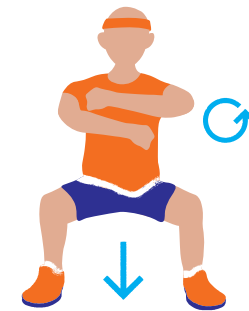
1. Move arms up and step your right leg out to the side.
2. Return to the middle and repeat with your arms and left leg.

## Side reaches



1. Stand still and slowly reach down to your left foot with your left arm.
2. Return to your starting position and repeat with your right arm.

## Rolling arms while squatting



1. Stand still and move your arms over one another in a circular motion.
2. Place your feet roughly shoulder width apart and keep your back straight. Slightly bend your knees as if you are about to sit on a chair.
3. Return to standing position.