



Take it With You™ Stretching Sheets:

Unwind After a Tough Day at Work

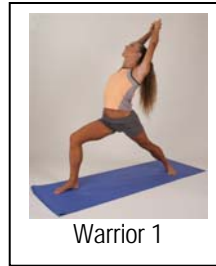
You changed clothes....now remove that stored stress!

Light Warm-up: Can include arm lifts, neck rotations, shoulder circles, high-knee marches in place (don't worry, no one is watching), even walking up and down your stairs a few times

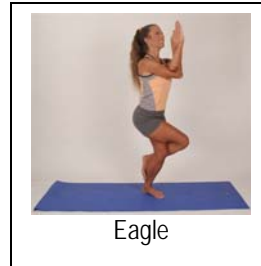
Postures:



Sun Bird: Bend and Extend Knee



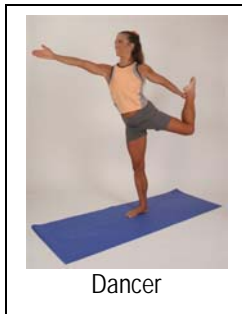
Warrior 1



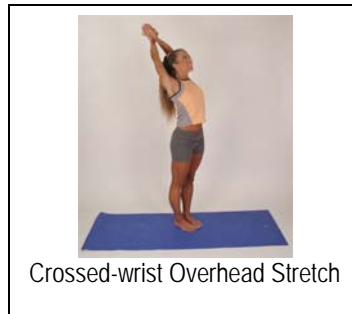
Eagle



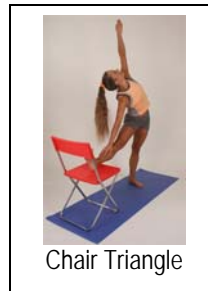
Chair Hip Stretch



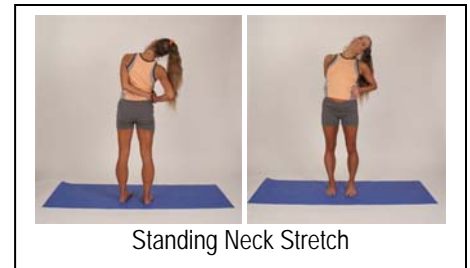
Dancer



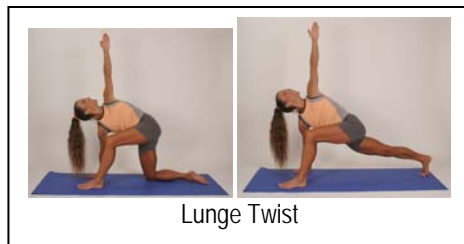
Crossed-wrist Overhead Stretch



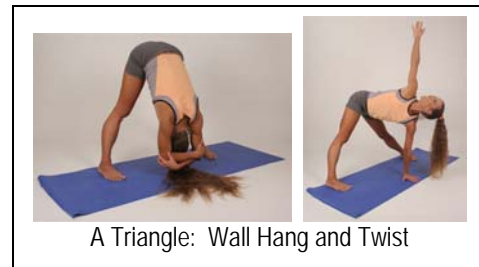
Chair Triangle



Standing Neck Stretch



Lunge Twist



A Triangle: Wall Hang and Twist

Final Relaxation: 3-5 minutes slow, easy breathing while on your back (that's an order! ☺)

GUIDELINES

When: After work, when you need to unwind and decompress

How often: 1-7 times per week; optimal: at least twice a week

Helpful Hints:

- Perform only those postures that you're familiar with and can perform with good form
- Avoid any position that causes pain or discomfort even if you have been able to perform it previously
- Hold each position for at least 30-40 seconds to reap the full benefit

**As always, check with your doctor before attempting this or any exercise program.*