



Exercises

These four exercises are designed to help you **increase flexibility**. Each one can be done in a **seated position or standing up**. In addition to at least 30 minutes of moderate intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth.

1 Neck Rolls



- Sit or stand with straight posture
- Roll head towards right shoulder
- Roll head towards back
- Roll head towards left shoulder
- Roll head towards chest
- Do these motions fluidly, 10 times in one direction
- Repeat 10 times in the other direction



Exercises

2 Shoulder Rolls



- Sit or stand with straight posture
- Roll shoulders forward
- Repeat 10 times
- Roll shoulders backward
- Repeat 10 times



Exercises

3 Wrist Rotations



- Sit or stand with straight posture
- Hold both hands in front of body, arms outstretched
- Rotate wrists in a circle in one direction
- Repeat 10 times
- Rotate wrists in a circle in the other direction
- Repeat 10 times



Exercises

4 Ankle Rotations



- Sit or stand with straight posture
- If sitting, lift both feet off the floor
- If standing, hold back of chair and lift right foot off the floor
- Rotate ankle(s) in a circle in one direction – Repeat 10 times
- Rotate ankle(s) in a circle in the other direction
- Repeat 10 times
- If standing, repeat with left foot