



ISAT: Believe, Achieve, Succeed

Simple Stretches

GENTLE HEAD ROLLS:

1. Gently roll your head in a circle about 3 times to the right and 3 times to the left.
2. Roll slowly and gently.

SHOULDER ROLL:

1. Raise your shoulders as if trying to touch your ears with them.
2. Move your shoulders back and let them drop.
3. Up, back, down, and around. Do about 5 of these.
4. Keep your jaw relaxed and breathe easily while doing these.

ARMS UP AND BACK:

1. Put your arms up over your head and interlace your fingers.
2. Now turn your palms toward the ceiling and include two moves: push up toward the ceiling and push your arms lightly back.
3. Feel the stretch in your upper arms, shoulders, and upper back.

STAND AND REACH:

1. Stand with your feet about shoulder-width apart.
2. Put your arms up over your head and interlace your fingers.
3. Turn your palms toward the ceiling and stretch, trying to reach the ceiling.
4. On your toes and ...stretch!
5. Now, holding your arms and hands the same way, lean to your left until you feel a good stretch up your right side; hold it for 5 seconds.
6. Then lean to your right, feel the stretch and hold.
7. Now lean forward, reach, and hold.
8. Then, just hang towards the floor, letting all your muscles loose.
9. Bend your knees as you straighten up.

DESK STRETCH:

1. Slide your chair back from the desk, far enough so that when you lean forward, your head is just short of the desk.
2. Then put your arms on the desk with elbows just off it.
3. Lean forward with your head below the desk and feel the upper arm, shoulders, and upper back stretch.