

1 Twist & Shout



- ✓ Stand tall, keep your head & torso facing forward
- ✓ Twist side to side, letting your arms swing naturally
- ✓ Heels can lift for a bigger "swing"

Do 10-20

2 Undesk the Shoulders



Place your hands gently on top of your shoulders. Roll your elbows backward in a smooth circle, then switch and go forward. Slow and steady works better than trying to fling your joints into tomorrow.

10-15 each direction

3 Reach for the Sky



- ✓ Start with arms straight at sides
- ✓ Dip into a slight squat
- ✓ Sweep arms up as you stand tall
- ✓ Lower arms & return to squat

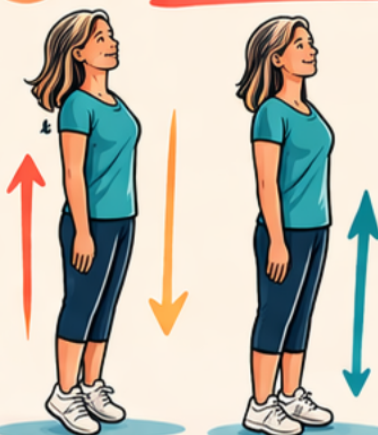
Do 10-15

4 Hangin' Tough



- ✓ Stand with feet hip-width apart
- ✓ Bend forward, let arms hang heavy
- ✓ Keep a soft bend in your knees
- ✓ Breathe & let your back decompress

5 Bedtime Bounce



- ✓ Stand tall, feet hip-width
- ✓ Slowly lift your heels up
- ✓ Lower with control
- ✓ Or bounce lightly on your toes (keep it easy & relaxed)

Do this before bed, while watching TV, or anytime you feel stiff.

Five minutes that actually make a difference.

Do 15-20