**Reach for the Sky**
- With the right arm, reach above head to the sky to the left side
- Slight hip and shoulder rotation toward the left
- Raise right heel off the floor
- Repeat 10 times on the right and complete 10 times on the left
- Feel exercise: all of body

**Neck Twist**
- Stand in natural posture with ears over shoulders
- Gently move chin to right shoulder and return to center
- Repeat with chin to left shoulder and return to center
- Keep chin parallel to floor and in neutral posture
- Repeat 10 times
- Feel exercise: neck and upper back

**Arm Circles**
- Bring both arms straight out from body at shoulder height, parallel to floor
- Make circles with arms, beginning small and increasing size
- Repeat 10 times forward; reverse direction 10 times
- Feel exercise: arm, shoulders, upper back

**Wrist Circles**
- With bent elbows put arms in front of body, with hands loosely closed
- Roll wrist in clockwise or outward circles 10 times
- Repeat with counterclockwise or inward circles 10 times
- Feel exercise: hands and forearms

**Standing Cat/Dog**
- Begin with chin tucked into chest, shoulders forward, thumbs toward thighs, back rounded and knees loose; breathe out (CAT)
- While breathing in, slowly lift chin toward ceiling, open shoulders and chest, arch back and extend bottom toward back wall (DOG)
- Repeat slowly “Cat to Dog” 10 times with in/out breathing
- Feel exercise: spine and low back

**Whole Leg Circles**
- With support for balance as needed:
  - Lift right leg to right side of body with knee straight
  - From hip, make small clockwise circles 10 times
  - Reverse with counter clockwise circles 10 times
  - Feel exercise: hips and bottom

**Shallow Squat**
- Stand with feet at shoulder width apart, feet flat on floor
- Spine neutral, with ears over shoulders
- As though sitting backward into a chair, complete shallow knee bend
- When looking down, assure knee stays behind toes
- Focus on proper posture and tight abdominal muscles
- Feel exercise: bottom and front of thighs

**Rope Pull**
- With right arm, reach across front of body at shoulder height
- “Pull a rope” from left to right side
- Raise right heel off the floor as pulling
- Repeat 10 times on both sides
- Feel exercise: upper back and side of body

**Shoulder Girdle Rotations**
- Begin with both arms straight out from body at shoulder height, parallel to floor
- Curl fingers as if holding a golf club, palms downward
- Squeeze shoulder blades together while rotating arms so that the palms are facing sky, reverse direction and repeat 10 times
- Feel exercise: upper back

**Shoulder Rotations**
- Begin with both arms straight out from body at shoulder height, parallel to floor
- Curl fingers as if holding a golf club, palms downward
- Squeeze shoulder blades together while rotating arms so that the palms are facing sky, reverse direction and repeat 10 times
- Feel exercise: upper back, shoulders, chest

**Hand Warm Up**
- With straight elbows, place arms in front of body
- Spread fingers
- Close into a fist and spread open the fingers
- Repeat 10 times
- Feel exercise: hands and forearms

**Hula Hoop**
- Begin with legs at hip width and hands on hips or low back
- Circle hips slowly clockwise 10 times
- Repeat circling hips counterclockwise 10 times
- Knees relaxed and head without moving
- Feel exercise: abdomen and low back

**Ankle Circles**
- With support for balance as needed:
  - Lift right leg to right side of body with knee straight
  - From ankle, make clockwise circles 10 times
  - From ankle, reverse counter clockwise circles 10 times
  - Feel exercise: ankles and calves

**Ankle raises**
- With support for balance as needed:
  - Stand with feet at hip width, feet flat on floor
  - Raise up on toes, through full range of motion
  - Return to feet flat on floor
  - Repeat 10 times
  - Think of raising up from the top of your head
  - Feel exercise: feet and calves

For more information, please call (510) 643-4646