

FLEXIBILITY EXERCISE MODULE

The actions for this module are:

Action Sheet

■ **ACTION #1**

Find a chair to sit on, usually a dining room chair will work fine.

■ **ACTION #2**

Scoot up to the edge of the chair and extend your right leg out in front of yourself.

■ **ACTION #3**

Take a big breath in as you raise your arms above your head, then reach for your knee, calf, ankle or toes.

■ **ACTION #4**

Hold for 10 to 30 seconds.

■ **ACTION #5**

Repeat on the other side. Remember stretching should feel good! Enjoy yourself!