



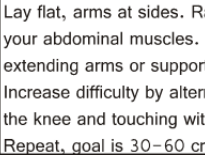
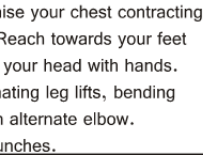



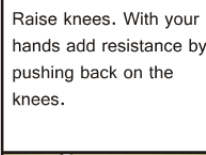
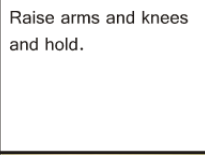
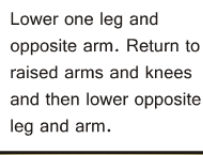




Get better faster! Keep movement and active living a high priority in your life!

Core Strengthening

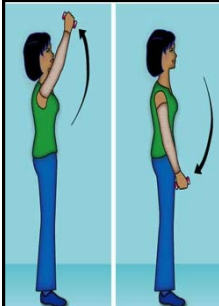
		
<p>Lay flat, arms at sides. Raise your chest contracting your abdominal muscles. Reach towards your feet extending arms or support your head with hands. Increase difficulty by alternating leg lifts, bending the knee and touching with alternate elbow. Repeat, goal is 30-60 crunches.</p>		
		
<p>Raise knees. With your hands add resistance by pushing back on the knees.</p>	<p>Raise arms and knees and hold.</p>	<p>Lower one leg and opposite arm. Return to raised arms and knees and then lower opposite leg and arm.</p>
		
<p>Raise knees to your chest, lift your buttocks off the floor. Support body with your arms by your side.</p>	<p>With your arms by your side, feet flat on the floor, raise your buttocks/hips to the ceiling.</p>	<p>Increase the difficulty by extending one leg at a time.</p>
		
<p>Keep hips, shoulders and knees in line, place elbows under shoulders for support. Hold for 10-30 seconds.</p>	<p>Align ankles to knees, hips, and shoulders place elbows under shoulders for support. Hold for 10-30 seconds.</p>	<p>Turn onto one side, maintaining alignment. Place elbow under shoulder. Hold for 10-30 seconds.</p>



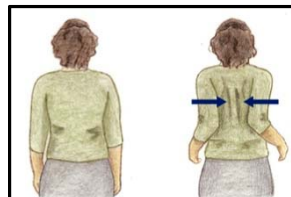
Sit and balance on the ball. Spell your name with your hips. Play catch with someone while balancing.



Stand in your best posture & engage your truck muscles. Then lift one leg to 90 deg and hold for 15-30 seconds. Switch legs & repeat daily. Do not allow your body to slump at all. Keep your balance. Close eyes for more difficulty.



Extend one arm straight outward. Raise arm upward in sync with your head & neck. Extend fully upward, then shift both head, neck & arm out to side. Reverse order & repeat 10 per side!



Sitting or standing; arms straight & down, roll shoulders back & downwards, squeezing shoulder blades together. 10x

 quadricep stretch	 calf stretch	 achilles stretch	 side stretch
 standing back stretch	 elevated hamstring	 shoulder extension	 chest expansion
 chest stretch	 tricep stretch	 shoulder stretch	 head tilt & chin to chest
 upper back stretch	 forearm stretch	 hip stretch	 spinal twist/pretzel
 single hamstring stretch	 V-sit	 groin stretch	
 seated back stretch	 single knee hugs	 spinal curls	 knee hugs
 single hip rolls	 lying quad stretch	 upper torso stretch	