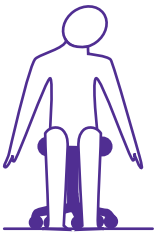




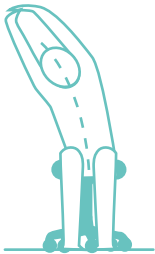
Feeling Good is Less of a S-T-R-E-T-C-H Than You Think.

Stretching regularly helps to reduce muscle tension, increase energy, improve circulation and make you more productive!!!! **Stretch Tips:** Stretches should be performed 2 - 3 times per day, hold all stretches for 7-10 seconds, switch sides and repeat, please note that all stretches can be done sitting or standing.



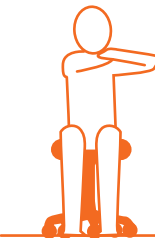
Neck Stretch

Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.



Back & Side Stretch

Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.



Shoulder Stretch

Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 7 – 10 seconds. Repeat with your left arm.



Upper Back Stretch

Interlace your fingers and then straighten out your arms in front of you. Your palms should be facing away from you as you do this stretch. Bow the head down and let your upper back round out. Hold for 10 – 15 seconds. Rest. Repeat.



Leg Stretch

Cross your leg and place your foot onto the opposite knee. Keep the knee at a 90 degree angle. Sit up nice and tall and slowly bend at the hip joint and lean forward until you feel a stretch in the outer hip and thigh. Switch legs and repeat.