

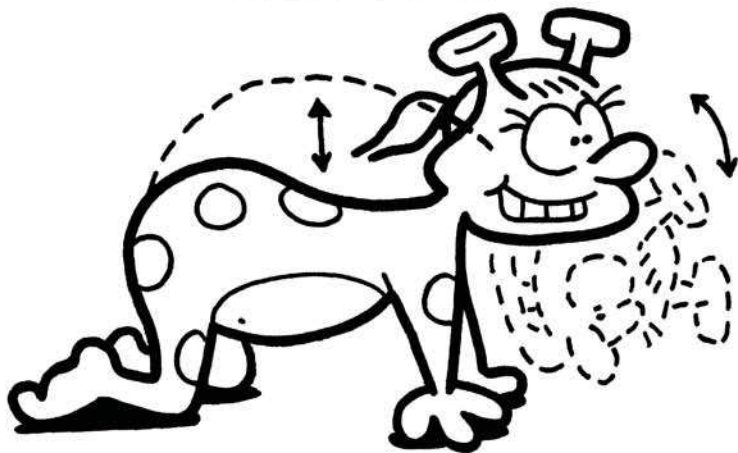


Aerobics



Start by slowly dropping head forward.
Hold for 15 seconds.
Continue by slowly dropping head back.
Hold for 15 seconds.
Repeat 3 times.

Start by slowly dropping head to the right.
Hold for 15 seconds.
Continue by dropping head to the left slowly.
Hold for 15 seconds.
Repeat 3 times.



Start on your hands and knees.
Inhale: Arch back upward and lower head.
Exhale: Lift head upward and push your chest and abdomen toward the floor.
Repeat this stretch 5 times.



Start on your back.
Inhale: Bring your knees up to your chest.
Exhale: Relax your neck and hips.
Hold this stretch for 1 minute.