

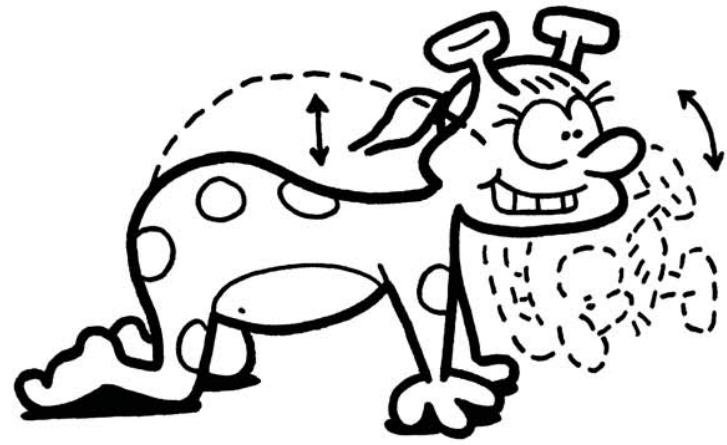


Aerobics

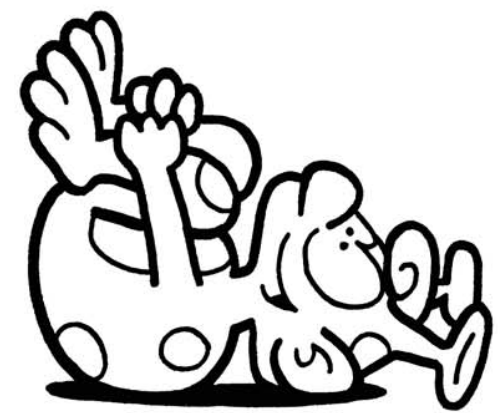


Start by slowly dropping head forward.  
 Hold for 15 seconds.  
 Continue by slowly dropping head back.  
 Hold for 15 seconds.  
 Repeat 3 times.

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.