

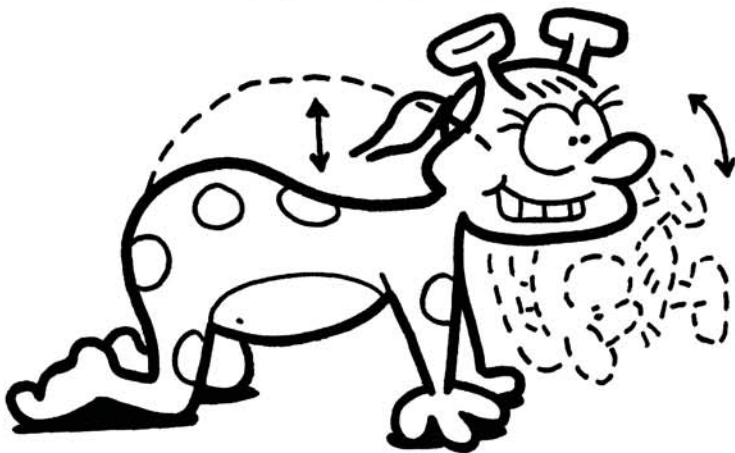


Aerobics



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.