



Ask at the clinic if your medicines should be used before you exercise.

Have a drink of water before and after you exercise.



BODY ROTATIONS

Turn and hold seconds

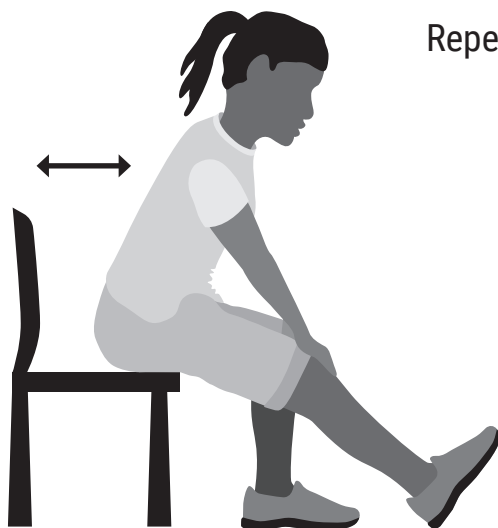
Repeat times



LEG STRETCH

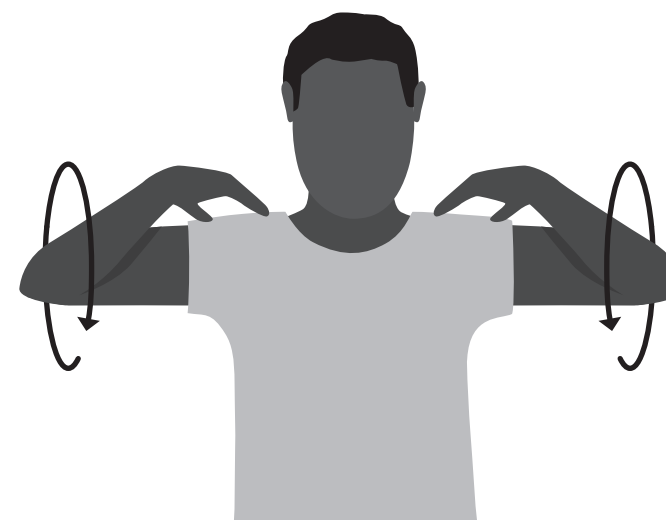
Bend forwards and hold seconds

Repeat times



SHOULDER ROLLS

Roll your arms times





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Have a drink of water before and after you exercise.



NECK TURNS

Move your neck and hold seconds

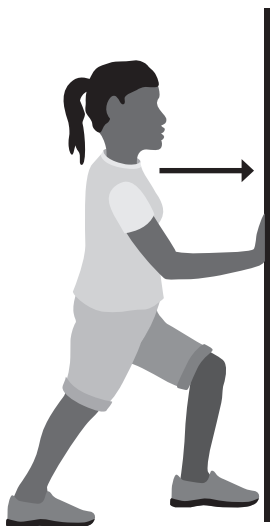
Repeat times



LOWER LEG STRETCH

Lean into the wall and hold seconds

Repeat times



BIG WIND BREATHS

Big wind breath and hold seconds

Repeat times

