

## Neck Stretch

Shea Weber

#6



Daily Physical Activity Cards

Daily Physical Activity Cards

- Stand with your feet shoulder width apart and arms to the sides of your body.
- Slowly try to touch your ear to your shoulder.
- Hold the stretch and repeat on the other side.

Stretching Break

## Neck Stretch

## Chest Stretch

Jesper Kotkaniemi

#15



Daily Physical Activity Cards

Daily Physical Activity Cards

- Clasp your hands behind you and gently straighten your arms.
- Slowly lift up your arms until you feel a stretch across the chest and shoulders.
- Hold for 15 seconds.

Stretching Break

## Chest Stretch

## Upper Back Stretch

Artturi Lehtonen

#62



Daily Physical Activity Cards

Daily Physical Activity Cards

- Clasp your hands in front of you and gently straighten your arms.
- Slowly raise your arms until they are horizontal to the floor.
- Lower your head.
- Round your back until you feel a stretch across your back and shoulders.

Stretching Break

## Upper Back Stretch

## Triceps Stretch

Carey Price

#31



Daily Physical Activity Cards

Daily Physical Activity Cards

- Place your left hand behind your back with your elbow in the air.
- Put your right hand on the elbow and gently pull it towards your head.
- Hold for 15 seconds.
- Repeat with your other arm.

Stretching Break

## Triceps Stretch

## Quad Stretch

Brendan Gallagher

#11



Daily Physical Activity Cards

Daily Physical Activity Cards

- Standing with your feet shoulder width apart.
- Slowly bend your knee back and grab hold of your foot.
- Hold the stretch and repeat on the other side.

Stretching Break

## Quad Stretch

## Seated Hamstring Stretch

Jesper Kotkaniemi  
#15



Daily Physical Activity Cards

Daily Physical Activity Cards

- While sitting at the edge of a chair, straighten one leg in front of you with your heel on the floor and toes pointing up.
- Bend forward gently, keeping your leg straight. Try to bring your body as close to your legs as you can.
- Hold this stretch for 30 seconds.
- Repeat with the other leg.

Stretching Break

## Seated Hamstring Stretch



## Shea Weber Windmill

#6



Daily Physical Activity Cards

- Stand with your feet out much wider than your hips and your arms out to your sides.
- Keeping your arms straight, bend and twist at the waist as you lower your left hand
- Towards your right foot. Hold for 15 seconds.
- Return to starting position and repeat with the right hand towards your left foot.

## Windmill

Stretching Break

## Forward bend

Jeff Petry #26



Daily Physical Activity Cards

- Stand tall with legs together and slightly bent.
- Slowly bend forward to your legs, moving your stomach towards your thighs.
- Lower your head and grab your legs with your hands.
- Hold stretch for 30 seconds.

## Forward bend

Stretching Break

## Crossover Side Stretch

Brendan Gallagher #11



Daily Physical Activity Cards

- Cross your right leg over your left leg.
- Put your right hand on your right hip.
- Extend your left arm over your head and reach to the right.
- Push slightly on your right hip.
- Hold for 30 seconds and then repeat on the opposite side of the body.

## Crossover Side Stretch

Stretching Break