Stretching Break

you feel a stretch across - Round your back until

your back and shoulders.



Daily Physical Activity Cards

Artturi

Lehkonen

#62

Upper Back Stretch

Neck Stretch

-luons anoy of abs anoy - Slowly try to touch body. arms to the sides of your shoulder width apart and - Stand with your feet

repeat on the other side - Hold the stretch and

Stretching Break

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Shea Weber #6 CANADIENS CANADIENS Daily Physical Activity Cards

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- Hold for 15 seconds.

across the chest and

until you feel a stretch

- Slowly lift up your arms

you and gently straighten

- Clasp your hands behind

Chest Stretch

shoulders.

your drims.

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Chest Stretch

Neck Stretch

to bring your body as close - Bend forward gently, on the floor and toes front of you with your heel a chair, straighten one leg in

- Repeat with the other leg.

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Stretch Seated Hamstring

- Hold this stretch for 30 to your legs as you can. Keeping your leg straight. Iry 40 agba ant to gnittis alinw -

secouds.

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Seated Hamstring Stretch

Triceps Stretch

The elbow and gently pull it no bnbd tagin nuoy tud elbow in the dir. behind your back with your - Place your left hand

- Hold for 15 seconds. towards your head.

- Repeat with your other

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repeat on the other side.

pack and grab hold of your

- Hold the stretch and

- 210MIY bend your knee

taat nov atiw gaibnats -

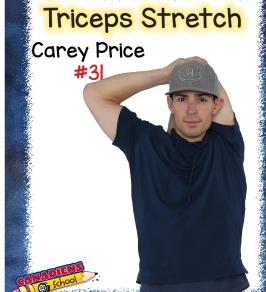
Guad Stretch

shoulder width apart.

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Brendan Gallagher #||

Daily Physical Activity Cards Daily Physical Activity Cards



Quad Stretch

anol of the smap anoly bab much wider than your hips tuo taat nuoy atiw brate -

too4 tagin moy sbabwot left hand The waist as you lower your straight, bend and twist at - Keeping your arms

and repeat with the right - Return to starting position Hold for 15 seconds.

hand towards your left foot.

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Forward bend

- Slowly bend forward to gether and slightly bent. -ot agal Atiw libt bnbt2 -

stomach towards your your legs, moving your

.adgiat

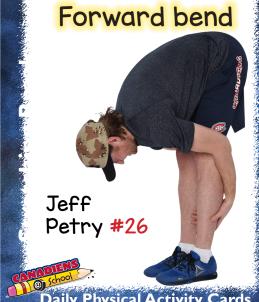
pduds. and Auth legs with your - Lower your head and

- Hold stretch for 30 sec-

spuo:

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Stretch Spi2 navossona

- Cross your right leg over

no baba tabia nuoy tud your left leg.

- Extend your left arm over . did tabia auoy

your head and reach to the

Tabin anoy no yitabils asu9 -

side of the body. then repeat on the opposite - Hold For 30 seconds and

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Crossover Side Stretch Brendan Gallagher #』 Daily Physical Activity Cards