



STRETCH BREAK

Upper Body

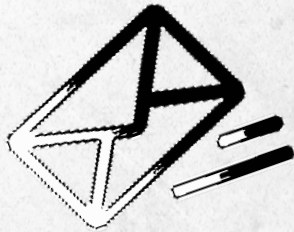


Please take this
time to
WARM UP
before
stretching





Exit



Silence



WARM UP



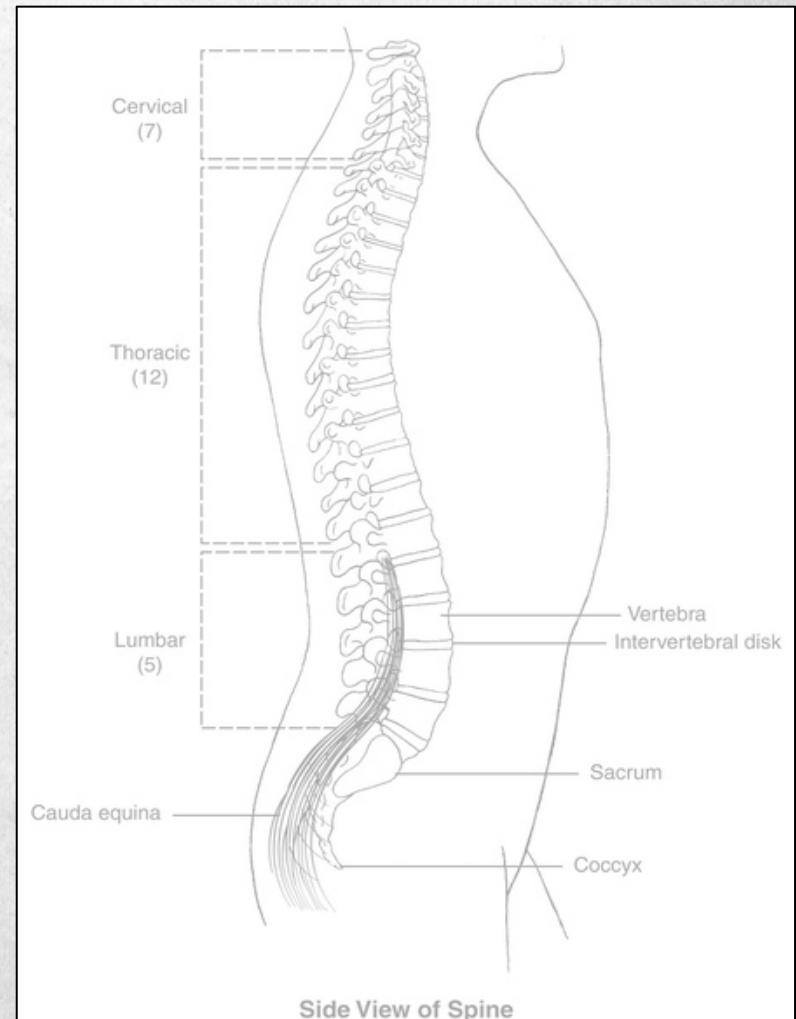
✓ SAFETY

- **Smooth** movement
- **Avoid** “locking” joints
- **Safe** and **comfortable**



✓ POSTURE

- **Spine** lengthened
- **Head** lifted
- **Shoulders** relaxed
- **Abdomen** engaged
- **Feet** pressed down



BREATHE

Shoulder Circles



Shoulder Stretch



Upper Arm Stretch



Chest Stretch



Head Turn



Side Neck Stretch



Shoulder Circles



BREATHE

Contact:



MEIwellness@millenniumenterprises.net