



## TURN OFF THE DAY STRETCHES

Do these stretches every day before going to bed so that your muscles are turned off and in a relaxed state while you sleep.

- Deep, relaxed breathing; *don't hold your breath*
- Legs shoulder-width apart, knees slightly bent
- Hold each exercise for 30 seconds; *don't bounce*
- Work in front of a mirror if possible

### EXERCISE #1 - SHOULDER ROLLS

- Roll shoulders FORWARD 15 X *Don't use arms*
- Roll shoulders BACKWARD 15 X *Make large circles*

### EXERCISE #2 - NECK STRETCH

- Stretch head sideways to LEFT shoulder *Hands at sides*
- Stretch head sideways to Right shoulder *Press shoulders down*

### EXERCISE #3 - HEAD TURNS

- Turn head to LEFT shoulder *Keep head level*
- Turn head to RIGHT shoulder *Avoid turning shoulders*

### EXERCISE #4 - HIP AND LOWER BACK STRETCH

- Lie flat on your back, shoulders on floor and legs straight.
- Bend RIGHT knee to waist.
- With LEFT hand stretch RIGHT knee over LEFT leg to the floor.
- Keep the bent knee waist height and the shoulders flat on the floor.
- After 30 seconds straighten RIGHT leg.
- Bend LEFT knee to waist.
- With RIGHT hand stretch LEFT knee over RIGHT leg to the floor.
- Keep the bent knee waist height and the shoulders flat on the floor.
- After 30 seconds straighten LEFT leg.