

The background is white with various colorful abstract shapes and patterns. There are blue, yellow, orange, and teal wavy shapes. Some shapes have diagonal lines or dots. There are also several solid circles in different colors (blue, orange, teal, green).

IMPACT
at HOME

ACTIVITY CARDS

RULES & GAMEPLAY

Flexibility: Sounds like a stretch! 2 points for being bendy!

Mindfulness: Me oh my! 3 points is worth a try!

Cardio: Get up and go with some cardio! 4 points in honor of the 4 chambers of your heart!

Strength: What kind of award do you get for building strong muscles? “A trophy” and 3 points!

Buddy: 4 points for double the trouble! 5 points for teaming up with a parent or guardian!

The background is a vibrant composition of abstract elements. It features large, overlapping organic shapes in various shades of green and yellow. Interspersed among these are smaller geometric forms: solid circles, circles with concentric outlines, and circular areas filled with parallel diagonal lines. The overall aesthetic is modern and dynamic.

FLEXIBILITY

**Three-Legged
Dog**

FLEXIBILITY

INSTRUCTIONS

1. Start in Downward Dog position with your feet hip-width apart, hands shoulder-width apart, fingers facing forward in front of you, and hips pushed up into the air.
2. Lower your head so it is between your arms, facing your thighs.
3. Lift one leg off the floor and extend it high, straightening your knee as much as you can.
4. Alternate between pointing and flexing your foot and hold for 15 seconds.
5. Switch legs and repeat.



FLEXIBILITY

**Open & Close
the Gate**

FLEXIBILITY

INSTRUCTIONS

1. Start by standing upright with hands on hips and feet together.
2. Drive right knee up towards chest and allow it to fall to the side, staying up towards your hip and release down. All together it will feel like you are drawing a letter “C” with your knee.
3. Repeat on left side. Complete 25 times on each side.



FLEXIBILITY

**Polar Bear
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by putting both knees on the ground. Bend at the hips, keeping your hip flexors off your legs.
2. Reach your hands out in front of you as far as you can.
3. Curl your toes under for extra stability and keep your back as straight and long as possible.

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FLEXIBILITY

Shin Stretch

FLEXIBILITY

INSTRUCTIONS

1. Sit on your feet, with your toes pointing slightly in, your hands on the floor in front of you.
2. To increase the stretch, lean forward to raise yourself up, resting on your toes. Hold the stretch for 15 to 30 seconds.

The background is a vibrant green abstract composition. It features several overlapping organic shapes in various shades of green. Scattered throughout are geometric elements: small solid circles, larger hollow circles, and rectangular areas filled with diagonal white lines. The overall aesthetic is modern and clean.

FLEXIBILITY

Bow Pose

FLEXIBILITY

INSTRUCTIONS

1. Begin by lying on your belly with your arms in a cactus position on the floor.
2. As you inhale, gently squeeze your shoulder blades back toward each other.
3. Lift your chest, your head, and the top of your ribs off the floor. Exhale, and on your next inhalation, lift your legs off the floor.
4. Press your feet together and keep your legs active and engaged. Bend your elbows as if squeezing them toward each other behind you.
5. Reach your hands back toward your ankles, and with your palms facing in, gently catch them from the outside.
6. Try to keep your feet and ankles touching. Release your grip on your ankles and slowly lower to the floor. Lie on your belly with your head cradled in your hands for 3 breaths.



FLEXIBILITY

**Crescent
Moon Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Stand with feet together and hands on your hips.
2. Cross your right foot over the left, but make sure they are still touching after you've crossed them.
3. Raise your arms and hands in the sky above your head and bend to the right side at the hips. Hold this position for 30 seconds. Your body should form into the shape of a crescent moon.
4. Repeat to other side but cross your left foot over the right.

The background is white with various green abstract shapes and patterns. There are large, overlapping organic shapes in shades of light and dark green. Smaller elements include circles, some with diagonal hatching, and rows of small dots. The word 'FLEXIBILITY' is written in a bold, black, sans-serif font in the top-left and bottom-right corners.

FLEXIBILITY

Pretzel Stretch

FLEXIBILITY

INSTRUCTIONS

1. Sit on bottom with legs straight in front of you.
2. Keeping your left leg straight, bring your right foot up towards your waist and cross it over your left thigh.
3. At this point, your right knee should be bent and your right foot should be crossed over your left thigh.
4. Now twist your body to the right by pushing your left elbow up against your bent right knee.
5. Hold this position for 30 seconds and then repeat these steps using the opposite side body parts as described.



FLEXIBILITY

**Bear Hug
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting in a chair with your arms crossed over like you're giving yourself a big bear hug!
2. Slowly raise your elbows up towards your nose!
3. You will feel a stretch in the back of your arms!

The background is a vibrant, abstract composition of various green and yellow tones. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and energetic.

FLEXIBILITY

Angle Bound Stretch

FLEXIBILITY

INSTRUCTIONS

1. Lie on your back.
2. Bring the soles of your feet together and allow your knees to open and fall closer to the floor.
3. Hold for 30 seconds to 2 minutes.



FLEXIBILITY

Back Stroke

FLEXIBILITY

INSTRUCTIONS

1. Sit on your bottom with your knees bent and chest tall and proud!
2. With your arms, take one arm at a time and slowly back stroke like you would in a pool.
3. Repeat 12 backstrokes per arm.

The background is a vibrant composition of abstract elements. It features large, overlapping organic shapes in various shades of green and yellow. Interspersed among these are smaller geometric forms: solid circles, circles with concentric rings, and circular areas filled with parallel diagonal lines. The overall aesthetic is modern and dynamic.

FLEXIBILITY

Creeping Spiders

FLEXIBILITY

INSTRUCTIONS

1. Stand up tall and proud with your feet together.
2. Gently fold your body in half so that your fingers are touching your toes or shins.
3. Walk your fingers over to both sides of your body, like a creeping spider, and hold the stretch.
4. Hold for 45 seconds and repeat 3 times.

The background features a complex arrangement of organic, flowing shapes in various shades of green and yellow. Interspersed among these shapes are several geometric elements: small solid circles, larger hollow circles, and rectangular areas filled with parallel diagonal lines. The overall composition is modern and minimalist.

FLEXIBILITY

Child Pose

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting on your knees.
2. Push your hips back toward your feet and lower your chest towards the ground with your arms and hands out in front of your body. (Your hands should be touching the ground in front of your body.)
3. You should feel a stretch throughout your back.
4. Hold this stretch for 15-20 seconds, rest, and repeat 2-3 more times.

The background is a vibrant, abstract composition of various shades of green. It features large, overlapping organic shapes that resemble bubbles or flowing liquid. Interspersed among these are smaller elements: solid circles, circles with concentric dots, and circles filled with diagonal hatching. The overall effect is dynamic and modern.

FLEXIBILITY

**Bubble Gum
Flow**

FLEXIBILITY

INSTRUCTIONS

1. Pretend your body is stuck to the ground with bubble gum.
2. Peel up one layer at a time and extend every limb as far as possible.

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FLEXIBILITY

Cereal Bowl

FLEXIBILITY

INSTRUCTIONS

1. Lay flat on your back with feet together.
2. Bring your knees together and raise both legs up so that your feet are facing the ceiling.
3. In slow motion, stir the imaginary bowl of cereal with feet and keep hands under your bottom.
4. Repeat 30 times.



FLEXIBILITY

Fabulous Feet

FLEXIBILITY

INSTRUCTIONS

1. Sit in a chair with both feet planted on the floor.
2. Slowly fold toes into the floor and hold for 30 seconds, pause, and repeat.



FLEXIBILITY

Back X

FLEXIBILITY

INSTRUCTIONS

1. Stand up tall and straight with feet firmly planted and hip-width apart.
2. Lift both arms straight over head.
3. Cross both of your arms behind your head, chest out, touch hands to opposite shoulders.
4. Hold for 60 seconds.



FLEXIBILITY

Front Stroke

FLEXIBILITY

INSTRUCTIONS

1. Sit on your bottom with your knees bent and chest tall and proud!
2. With your arms, take one arm at a time and slowly front stroke like you would in a pool.
3. Repeat 12 front strokes per arm.



FLEXIBILITY

Table Wrist Stretch

FLEXIBILITY

INSTRUCTIONS

1. Face your body towards a tabletop or countertop.
2. Place palms on top of the surface with fingers flipped to point towards your belly button.
3. Keep arms straight and hold for 60 seconds.

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FLEXIBILITY

Scapula Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by getting on all fours, with hands under shoulders and knees under hips.
2. Gently press your hands into the ground and squeeze shoulder blades together.
3. Hold for 5 seconds and release.
4. Repeat 5 times.

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FLEXIBILITY

**Tummy
Hamstring
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by laying on your stomach near the bottom of a bed so that your feet are hanging off.
2. Place the toes of your right foot on the heel of your left foot and push softly down.
3. You should feel a stretch in your left hamstring.
4. Hold this stretch for 5-7 seconds and relax.
5. Switch legs and repeat 2-3 times per leg.

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FLEXIBILITY

Reverse Plank

FLEXIBILITY

INSTRUCTIONS

1. Look up to the ceiling, point your toes, and keep your arms and legs straight.
2. Keep your entire body strong and form a straight line from your head to your heels.
3. Squeeze your core and try to pull your belly button back toward your spine.
4. Hold the position for up to 30 seconds.

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FLEXIBILITY

Wrist Flexion

FLEXIBILITY

INSTRUCTIONS

1. Put right hand up with arm straight and hand making the number 5.
2. With left hand, gently push fingers back towards elbow. Hold for 30 seconds.
3. Rotate to left side and repeat back and forth 3 times each side.



FLEXIBILITY

**Towel Slide
(Front) Shoulder
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting at the end of a table facing it with a towel on top of it.
2. Place your right hand on top of the towel and push it across the table until you feel a stretch in your shoulder.
3. Hold for 5-7 seconds and then slide back to your original position.
4. Switch arms and repeat 3 times on each arm.

The background features a white canvas with various green elements. At the top left, there are diagonal hatching lines and a row of four small dots. A large, irregular green shape with a white circle inside is on the right. The center is dominated by a large, overlapping green shape with a white circle inside. At the bottom right, there is a row of four small dots. The word "FLEXIBILITY" is written in bold black letters at the top left and bottom right.

FLEXIBILITY

Lay Down Hip Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting at the edge of a bed in a relaxed position with your feet hanging off.
2. Lay back, and pull your right knee towards your chest while keeping your left leg hanging off the bed.
3. Pull your knee until you feel a stretch in your left hip and hold for 10-15 seconds.
4. Relax, switch legs, and then repeat 2-3 times per leg.

The background features a complex abstract design. It includes several overlapping organic shapes in various shades of green and yellow. Scattered throughout are circles of different sizes, some solid and some with a white outline. There are also areas with diagonal hatching and rows of small dots. The overall aesthetic is modern and geometric.

FLEXIBILITY

Eyes to the Sky

FLEXIBILITY

INSTRUCTIONS

1. Start by standing straight with your entire body relaxed.
2. Bring your head backward like you are trying to look up into the sky.
3. Bring it back until you feel a stretch in your neck and hold for 10 seconds.
4. Relax and then repeat 2-3 more times.

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FLEXIBILITY

Polar Bear Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting in a chair with your arms crossed over like you're giving yourself a big bear hug!
2. Slowly bend forward until you feel a stretch in your upper back.
3. Hold this position for 10 seconds.
4. Relax and repeat 2-3 more times.



FLEXIBILITY

Lower Calf Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by standing straight in front of a wall about 3 feet away from it.
2. Place both hands on the wall and extend your right leg back with your knee slightly bent. Slightly bend your left leg.
3. Bend forward until you feel a stretch in your right lower calf.
4. Hold for 5-7 seconds and then switch legs.
5. Repeat 2-3 times per leg.
6. Make sure to keep your back leg slightly bent during the stretch.

The background is a vibrant, abstract composition of various green and yellow tones. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and energetic.

FLEXIBILITY

**Pulling the
Doorway
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a doorway.
2. Bring your right arm across your body at shoulder level and grab on to the left side of the doorway.
3. Lean slightly to the right like you are trying to pull the doorway out from the wall until you feel a stretch in your upper back.
4. Hold for 10 seconds and then switch so that your left arm grabs onto the right side of the doorway.
5. Repeat 2-3 times on each arm.

The background is white with various green decorative elements. There are large, overlapping, organic shapes in shades of light and dark green. Scattered throughout are smaller green circles, some solid and some hollow. There are also patterns of small green dots and diagonal lines within some of the shapes.

FLEXIBILITY

**Side Neck
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting in a chair in a relaxed position.
2. Place your right hand on top of your head and bend your head to the right.
3. Bend until you feel a stretch in the left side of your neck.
4. Hold for 10 seconds, relax, and repeat to the other side with your left hand.
5. Complete 2-3 times per side.

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FLEXIBILITY

Sleeper Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in an upright position next to a wall.
2. Bend the elbow of the arm facing the wall to 90 degrees, raise it to shoulder level in front of your body, and rest it against the wall.
3. While leaning into the wall, push down on the bent arm at the wrist until you feel a stretch in your shoulder.
4. Hold this position for 10 seconds, relax, and switch shoulders.
5. Repeat 2-3 times per side.

The background is a vibrant composition of abstract elements. It features several overlapping organic shapes in various shades of green and yellow. Scattered throughout are circles of different sizes, some solid and some with a white outline. There are also patterns of small dots and diagonal lines. The overall aesthetic is modern and energetic.

FLEXIBILITY

**Elevated
Hammies**

FLEXIBILITY

INSTRUCTIONS

1. Start by laying on your stomach near the bottom of a bed so that your feet are hanging off.
2. Place the toes of your right foot on the heel of your left foot and push softly down.
3. You should feel a stretch in your left hamstring.
4. Hold this stretch for 5-7 seconds and relax.
5. Switch legs and repeat 2-3 times per leg.

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FLEXIBILITY

**Shoulder
Bow Downs**

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting in a relaxed position next to the edge of a table with your right forearm resting on top, elbow bent to 90 degrees, and palm facing downward.
2. Slowly bend your body forward like you are bowing until you feel a stretch in your shoulder.
3. Hold for 10-15 seconds, relax, and then switch arms.
4. Repeat 2-3 times on each arm.



FLEXIBILITY

Hands Tied Behind the Back Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a relaxed position.
2. Place your hands behind your back and fold them together like they are being tied while keeping your arms straight.
3. Push your hands up toward the sky until a stretch is felt in your chest and in front of your arms.
4. Hold for 10-15 seconds, relax, and repeat 2-3 times.

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FLEXIBILITY

**Kneeling
Foot Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by kneeling down on the ground with the tops of your feet on the ground.
2. Sit back towards your legs until you feel a stretch in your feet.
3. Hold this position for 10 seconds, relax, and repeat 2-3 more times.



FLEXIBILITY

Step Calf Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a relaxed position in front of a step.
2. Place the bottom and front part of your foot on the edge of the step so that your foot bends back toward your body.
3. You should feel a stretch in your calf. Hold this position for 5-7 seconds.
4. Switch legs and repeat 2-3 more times per leg.

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FLEXIBILITY

Shoulder Pulls

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a relaxed position with a rolled up towel underneath your right arm.
2. Grasp your right wrist with your left hand and lightly pull down until you feel a stretch in your right shoulder.
3. Hold this position for 5-7 seconds, relax, and switch arms.
4. Repeat 2-3 times per arm.

The background features a complex abstract design with various green and yellow tones. It includes organic, flowing shapes, solid circles of different sizes, and patterns of small dots and diagonal lines. The overall aesthetic is modern and clean.

FLEXIBILITY

**“Big”
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Lay flat on your back with legs extended and arms above your head.
2. With arms straight above your head and fingertips touching the ground, try to make the biggest circle you can by reaching your arms out and down to touch your outer thighs.
3. Repeat 15 times and keep your body as long and straight as possible!

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FLEXIBILITY

**Ballerina
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a relaxed upright position with your hands folded together and arms straight in front of you.
2. Bend your head forward, roll your shoulder forward, and lift your arms up until you feel a stretch in your lower neck and upper back. You'll look a little like a ballerina!
3. Hold position for 5-7 seconds, relax, and repeat 2-3 more times.



FLEXIBILITY

Seated Glute Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting in a chair with your right leg crossed over the left leg so that your right ankle is resting on your left thigh.
2. Lightly pressed down on your right knee until you feel a stretch in your right glute.
3. Hold this position for 10 seconds, relax, and switch legs.
4. Repeat 2-3 times per leg.

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FLEXIBILITY

Reverse Prayer Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a relaxed upright position.
2. Place the back of your hands together in front of your body like in a reverse prayer position.
3. Press your hands together until you feel a stretch in your wrists.
4. Hold this position for 10 seconds, relax, and repeat 2-3 more times.



FLEXIBILITY

**Scooting
Shoulder
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting on the ground with your with your hands behind you.
2. Keeping your hands stationary, slowly scoot your body forward until you feel a stretch in your shoulders.
3. Hold this position for 10 seconds, relax, and repeat 2-3 more times.



FLEXIBILITY

**Towel Slide
(Side) Shoulder
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by sitting at the end of a table with your right arm closest and with a towel on top of it.
2. Place your right hand on top of the towel and push it to the side across the table until you feel a stretch in your shoulder.
3. Hold for 5-7 seconds and then slide back to your original position.
4. Switch arms and repeat 3 times on each arm.



FLEXIBILITY

Reverse Table Push Downs

FLEXIBILITY

INSTRUCTIONS

1. Start by standing at the end of a table with your hands on top of it, palms up.
2. Slowly lean forward over your hands until you feel a stretch in your wrists.
3. Hold for 10 seconds, relax, and then repeat 3 times.



FLEXIBILITY

Table Push Downs

FLEXIBILITY

INSTRUCTIONS

1. Start by standing at the end of a table with your hands on top of it, palms down.
2. Slowly lean forward over your hands until you feel a stretch in your wrists.
3. Hold for 10 seconds, relax, and then repeat 3 times.
4. Imagine you're trying to push the table into the ground!



FLEXIBILITY

**Tummy Table
Hip Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by standing relaxed next to the edge of a bed.
2. Put your leg closest to the table on top of it while laying on your stomach.
3. Keeping your back straight and leg on the table, use your hands to slowly push your torso off the table toward the sky until you feel a stretch in your hip.
4. Hold for 10-15 seconds, switch legs, and repeat 2-3 times per leg.

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FLEXIBILITY

**Cliff Hanger
Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by laying on your back on the edge of a table with your knees bent like you're hanging on the edge of a cliff.
2. Take your outside leg off the edge of the table and lower it towards ground until you feel a stretch in the same sided hip.
3. Hold for 10-15 seconds, relax, and then switch legs.
4. Repeat 2-3 times on each leg.



FLEXIBILITY

**Screwdriver
Forearm Stretch**

FLEXIBILITY

INSTRUCTIONS

1. Start by standing in a relaxed position.
2. Raise your right arm up in front of your body to shoulder level with your right palm facing toward the floor.
3. Place your left hand over the top of your right and interlace your fingers.
4. Rotate both arms inward until you feel a stretch in your forearm and hold for 10 seconds
5. Switch arms and repeat 2-3 times each.



FLEXIBILITY

Bed Low Back Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by laying on your side with your knees bent at the edge of a bed.
2. Bring your feet off the table and lower them to the ground until feel a stretch in the side of your low back.
3. Hold for 10 seconds, flip over to your other side, and stretch the other side of your lower back.
4. Repeat 2 more times to each side.



FLEXIBILITY

Hip Rotation Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by laying on your stomach, with your feet together up in the air, and knees bent to 90 degrees.
2. Let both feet fall outward away from each other toward the ground as far as you can until you feel stretch in your hips. Make sure to not let your hips rise off the ground.
3. Hold position for 5-7 seconds and then raise your feet back up towards each other.
4. Repeat 2-3 more times.

The background features a complex arrangement of abstract elements. Large, overlapping organic shapes in various shades of green and yellow dominate the center. Scattered throughout are smaller elements: solid circles, circles with concentric dots, and circles with diagonal hatching. The overall aesthetic is clean and modern, with a focus on geometric and organic forms.

FLEXIBILITY

Criss-Cross Stretch

FLEXIBILITY

INSTRUCTIONS

1. Start by standing with your arms at your sides.
2. Bring your right arm up across your body and then bring your left arm up and cross it over with your right arm at the elbow so that both arms form a cross.
3. Apply some pressure to your right arm until you feel a stretch in your right shoulder.
4. Hold for 10 seconds and then switch arms. Repeat 2-3 times.

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FLEXIBILITY

Back Scratchers

FLEXIBILITY

INSTRUCTIONS

1. Start in a standing and relaxed position.
2. Bring one arm up over your head and bend your elbow like you are trying to reach your back to scratch it.
3. With your opposite hand, apply some pressure to your elbow until you feel a stretch on the back of your arm.
4. Hold for 10 seconds and then relax.
5. Switch arms and repeat 2-3 times.

The background is a vibrant composition of abstract elements. It features several overlapping organic shapes in various shades of green and yellow. Interspersed among these are geometric patterns: a grid of small dots in the top-left and bottom-right corners, a series of parallel diagonal lines in the top-left and bottom-left, and several solid circles of different sizes scattered throughout. The overall aesthetic is modern and energetic.

FLEXIBILITY

Flamingos

FLEXIBILITY

INSTRUCTIONS

1. Stand with feet together and lift one leg behind you to hold onto ankle.
2. Keep knees touching and hold for 30 seconds.
3. You will feel a stretch in your quads.

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FLEXIBILITY

Rainbow Stretch

FLEXIBILITY

INSTRUCTIONS

1. Lay on left side with knees together bent to 90 degrees and your arms and hands together lying straight in front of you.
2. Your left leg and arm should be in contact with the ground.
3. While keeping both legs together and your left arm in contact with the ground, open up your body by moving only your right arm to the other side of your body.
4. Repeat this 10 times and then switch so that you are laying on the right side.



FLEXIBILITY

Volcano Stretch

FLEXIBILITY

INSTRUCTIONS

1. Stand with feet wider than hips and turned at 3 and 10 o'clock and arms above your head.
2. Bend slowly down keeping your chest tall and proud. Lower arms your sides as you bend.
3. Rise slowly upward to standing and raise arms above head like an erupting volcano.
4. Bend for 5 seconds and then release for 5 seconds to let off steam. Repeat 10 times.

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FLEXIBILITY

Cobra Stretch

FLEXIBILITY

INSTRUCTIONS

1. Lie on your belly.
2. Place your palms on the floor just behind your shoulders.
3. Lengthen your legs and tailbone back.
4. Gently lift your belly button and begin to pull your hands against the floor.
5. Lift your chest forward and up, straightening your arms as much as you can without hurting your back and keeping chin up.

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FLEXIBILITY

**Wide-Legged
Forward Fold**

FLEXIBILITY

INSTRUCTIONS

1. Place feet wider than hips.
2. Slowly fold upper body towards the ground, with back and neck straight and touch the floor.
3. Work to keep legs straight as you lift up and over with your chest to touch head to floor.
4. Use hands on ankles or floor for support and balance.
5. Hold for 30 seconds, rise slowly and repeat 10 times.

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FLEXIBILITY

Wall Painters

FLEXIBILITY

INSTRUCTIONS

1. Grab your brushes and stand in front of a wall with your feet shoulder width apart about a foot from the wall.
2. Making a right angle with your elbow, place your forearms and hands in contact with the wall. Your forearms should have about a foot between them and they should be at chest level.
3. While keeping contact with the wall and keeping your elbows at right angles, “paint” the wall by moving your forearms from chest level up so that your hands are about a foot above your head on the wall.
4. Once there, keep painting by moving your forearms out against wall until there is a 3-foot space between them. While doing this, squeeze your shoulder blades together like you are trying to hold an imaginary pencil in between them.
5. Now bring your forearms back until they are 1 foot apart, and then bring them back down to chest level.
6. Repeat 10 times.



FLEXIBILITY

Foot Massage

FLEXIBILITY

INSTRUCTIONS

1. Place a small tennis-sized ball under the the ball of your foot while sitting or standing.
2. Roll the ball counterclockwise keeping your foot flexed.
3. Repeat 10 times and then switch to clockwise.
4. Switch to other foot and repeat.

The background features a white canvas with various green abstract elements. There are large, overlapping organic shapes in shades of light and dark green. Scattered throughout are smaller elements: solid green circles, circles with white outlines, and circular areas filled with diagonal white lines. The overall aesthetic is clean and modern.

FLEXIBILITY

Wrist Stretch

FLEXIBILITY

INSTRUCTIONS

1. Get into all fours with your knees under your hips and arms under shoulders.
2. Your back should be flat, with your head in line with your spine.
3. Softly turn your hands so your fingers face your chest and palms remain on floor. Only turn hands as far as you feel comfortable.
4. Gently rock your body from side to side to increase the stretch.

The background features a complex arrangement of organic, flowing shapes in various shades of green and yellow. Interspersed among these shapes are several geometric elements: small solid circles, larger hollow circles, and rectangular areas filled with parallel diagonal lines. The overall composition is dynamic and modern.

FLEXIBILITY

Chest Openers

FLEXIBILITY

INSTRUCTIONS

1. Lie on your back and allow your spine to melt into the ground.
2. Bring knees towards your chest. As you bring your knees up, keep your hip sockets soft so your legs come upward but hips stay down.
3. Flex your feet and show the soles of your feet to ceiling.
4. Wrap your first two fingers around big toes and pull lightly down towards chest.

Bonus: Take your time and breathe through the hamstring stretch.

The background features a white canvas with various green elements. At the top left, there are diagonal hatching lines and a row of four dots. A large, irregular green shape with a white outline is on the right. In the center, there are two overlapping, rounded green shapes. At the bottom, there are more hatching lines and a row of dots. The word 'FLEXIBILITY' is written in bold black letters at the top left and bottom right.

FLEXIBILITY

Triangle Stretch

FLEXIBILITY

INSTRUCTIONS

1. Put both hands behind head and keep chest tall and proud.
2. Stand or sit upright and with hands behind head so arms make 2 triangles.
3. Push elbows back for 5 seconds and then release for 5 seconds. Repeat 10 times.

The background is a vibrant, abstract composition of various shades of green and yellow. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and dynamic.

FLEXIBILITY

**Thread the
Needle**

FLEXIBILITY

INSTRUCTIONS

1. Get on all fours with knees under hips and arms under shoulders with back flat.
2. Take right arm and “thread” it through the hole under your armpit made by your left arm and leg. Turn head to the left, hold for 5 seconds, and return to starting position.
3. Take left arm and “thread” it through the hole under your armpit made by your right arm and leg. Turn head to the right, hold for 5 seconds, and return to starting position.
4. Repeat 10 times each side.



FLEXIBILITY

Wall Downdog

FLEXIBILITY

INSTRUCTIONS

1. Stand facing a wall, about a leg's length away and place hands on wall anywhere between shoulder and elbow height.
2. Press the palms into the wall and straighten and tall to plant your legs and feet into the ground.
3. Put your palms together in front of your chest and elongate back and head while keeping hips directly behind you.

Bonus: Pedal with feet, lift the heels up and down and press into the ground.

The background is a vibrant composition of abstract elements. It features large, overlapping organic shapes in various shades of green and yellow. Interspersed among these are smaller geometric forms: solid circles, circles with white outlines, and circular areas filled with parallel diagonal lines. The overall aesthetic is clean, modern, and playful.

FLEXIBILITY

Happy Baby

FLEXIBILITY

INSTRUCTIONS

1. Lie on your back and allow your spine to melt into the ground.
2. Bring knees towards your chest. As you bring your knees up, keep your hip sockets soft so your legs come upward but hips stay down.
3. Flex your feet and show soles of your feet to ceiling.
4. Wrap your first two fingers around big toes and pull lightly down towards chest.

Bonus: Take your time and breathe through the hamstring stretch.

The background is a vibrant, abstract composition of various shades of green. It features large, overlapping organic shapes that resemble liquid or soft-edged forms. Interspersed among these are smaller elements: solid circles, circles with white outlines, and circular areas filled with diagonal hatching. The overall aesthetic is modern and fluid.

FLEXIBILITY

Tea Pot

FLEXIBILITY

INSTRUCTIONS

1. Stand straight and tall with feet shoulder-width apart.
2. Put your palms together and reach arms straight above your head.
3. Lifting up and over with your arms, tilt to right side like a teapot to stretch your sides.
4. Keep arms stretch and count to 10.
5. Come back to center and repeat to left side.

The background is a vibrant, abstract composition of various green and yellow tones. It features large, overlapping organic shapes, smaller circles, and clusters of dots. Some elements have diagonal hatching patterns. The overall aesthetic is modern and energetic.

FLEXIBILITY

Four Stretch

FLEXIBILITY

INSTRUCTIONS

1. Sit on your bottom, with your legs shaped in a four. One leg will be straight in front of you and the other will be bent, with heel touching your inner knee.
2. Reach up and over towards toes while keeping your back flat and not hunched. Count to 20, rest for 10. Repeat 5 times.
3. Switch to other side.

Bonus: Sing “Twinkle Twinkle” to hit 20 seconds.

The background is a vibrant, abstract composition of various green and yellow tones. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and clean.

FLEXIBILITY

Knee Hugs

FLEXIBILITY

INSTRUCTIONS

1. Stand shoulder-width apart.
2. Standing on right leg, lift your left knee to your chest and hug it.
3. Hold for 3 seconds.
4. Switch to standing on left leg, lift your right knee to your chest and hug it.

The background features a white canvas with various green abstract elements. There are large, overlapping organic shapes in shades of light and dark green. Scattered throughout are smaller elements: solid green circles, circles with white outlines, and circular areas filled with diagonal white lines. The overall aesthetic is clean and modern.

FLEXIBILITY

Upper Calf Stretch

FLEXIBILITY

INSTRUCTIONS

1. Stand in front of a wall that is three feet away.
2. Place the hands on the wall for support.
3. Extend your right leg backward keeping it straight and bend your left knee slightly.
4. Lean forward until a stretch is felt in your right upper calf.
5. Hold the position for 5-7 seconds and switch to other leg.
6. Repeat 2-3 times per leg.

The background is a vibrant, abstract composition of organic, flowing shapes in various shades of green and yellow. Interspersed among these shapes are several geometric elements: small solid circles, larger hollow circles, and clusters of tiny dots. Some circular areas are filled with diagonal hatching lines. The overall aesthetic is clean, modern, and energetic.

FLEXIBILITY

Triangle Pose

FLEXIBILITY

INSTRUCTIONS

1. Get into table-top position on all fours with both knees and hand touching the ground.
2. Make sure knees are hip distance apart and hands are under shoulders with palms spread flat.
3. Raise knees off ground while shifting stomach to thighs and try to get arms and legs straight while still keeping toes facing your hands.
4. This is also called Downward Dog.

The background features a white canvas with various green abstract elements. There are large, overlapping organic shapes in shades of light and dark green. Scattered throughout are smaller elements: solid green circles, circles with white outlines, and circular areas filled with diagonal white lines. The overall aesthetic is modern and minimalist.

FLEXIBILITY

Frog Pose

FLEXIBILITY

INSTRUCTIONS

1. Stand with feet at shoulder-width apart.
2. Bend knees and place your hands on the floor between your feet.
3. Keep your hands on the ground and try working your way to holding the squat position with no hands.
4. Don't forget to RIBBIT!

The background is a vibrant, abstract composition of various shades of green and white. It features large, overlapping organic shapes that resemble liquid or soft-edged forms. Interspersed among these are smaller elements: solid circles, circles with concentric rings, and areas filled with fine, parallel lines. The overall aesthetic is clean, modern, and nature-inspired.

FLEXIBILITY

Be a Tree

FLEXIBILITY

INSTRUCTIONS

1. Stand straight and tall to plant your legs and feet into the ground.
2. Put your palms together in front of your chest.
3. Tuck one foot inside the opposite leg so you're balancing on one leg.
4. Stretch your arms out like branches.
5. Bring your hands together in a pyramid above your head.

The background is a vibrant, abstract composition of various green and yellow tones. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and dynamic.

FLEXIBILITY

Airplanes

FLEXIBILITY

INSTRUCTIONS

1. Stand with feet at shoulder-width apart.
2. Take step in front of you with one foot, while taking non-standing leg to 90 degrees behind you.
3. Try and keep planted leg straight and hips facing straight to the ground.

Bonus: Pretend your hip bones are like lasers and keep them away thighs.