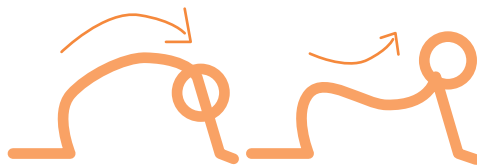


# stretches from head to toe

With over 600 muscles in your body, it's important that you take the right steps to maintain your muscles and keep them healthy and strong. Wake up each day and give your muscles the TLC they deserve with these simple stretches.\*



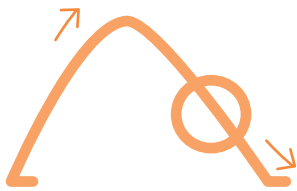
child's pose



cat-cow



neck stretches



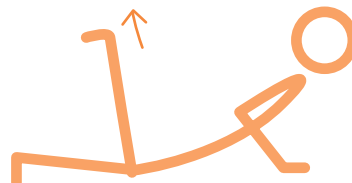
down dog



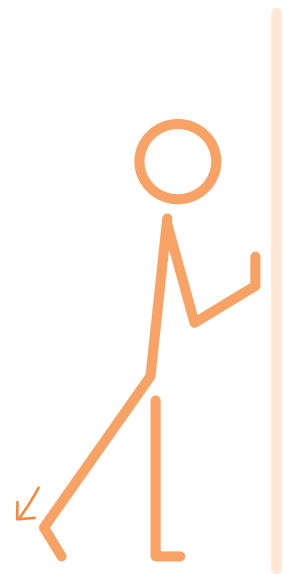
hamstring stretch



cobra



quad stretch



calf stretch

\* These are all suggestions. Please talk to your doctor before beginning an exercise routine.

# **m o v e m e n t**

can work wonders for your mood.

Try to make regular, light movements part of your day.

I spoke to my healthcare team about exercise and they said I can:

---

---

---

Stretches I can do in the morning:

---

---

---

Stretches I can do in the evening:

---

---

---

My fitness goals are:

---

---

3 exercises I can work into my day to achieve my goals:

*(Be specific about where, when, and for how long.)*

1.

---

2.

---

3.

---