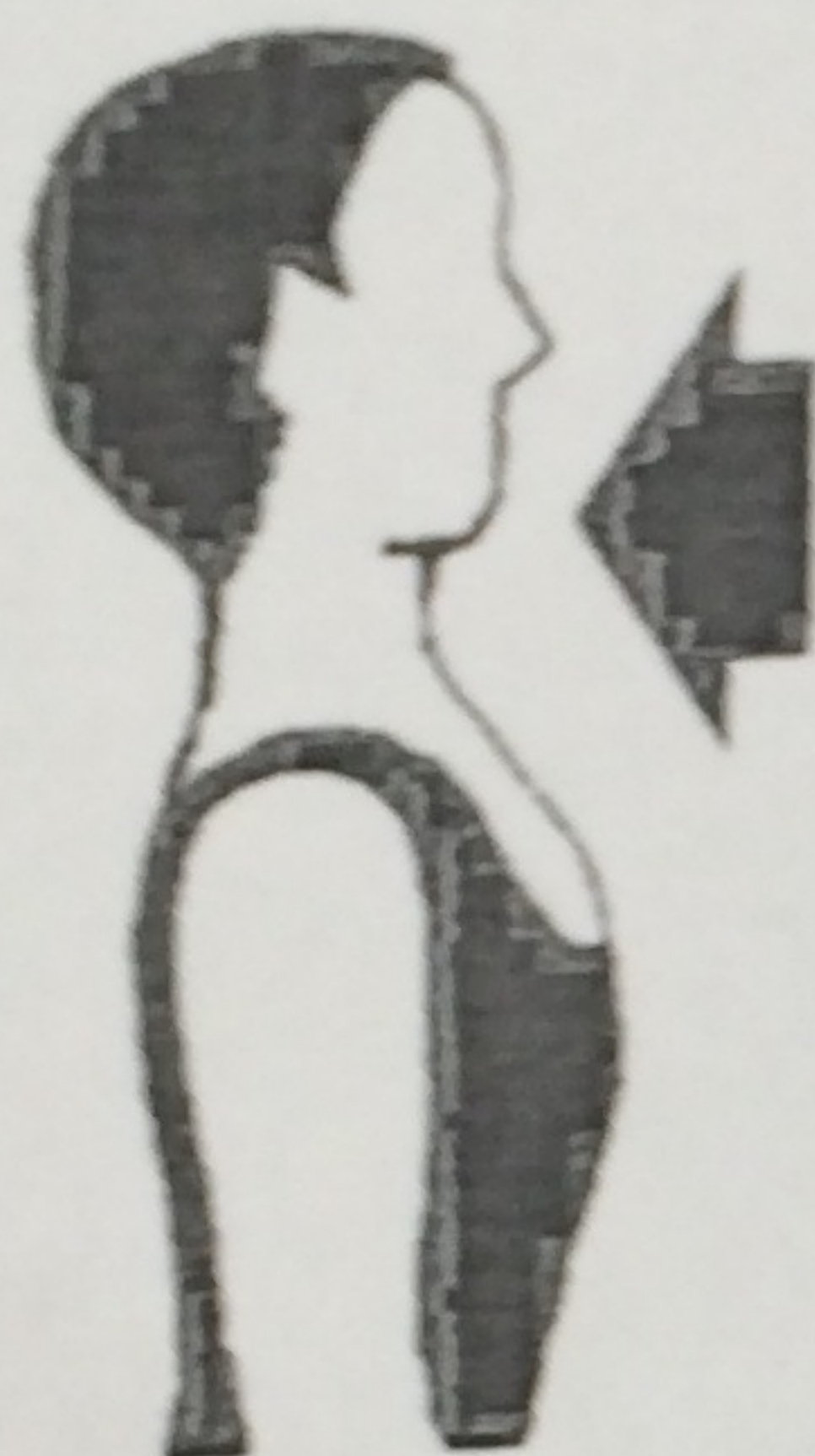


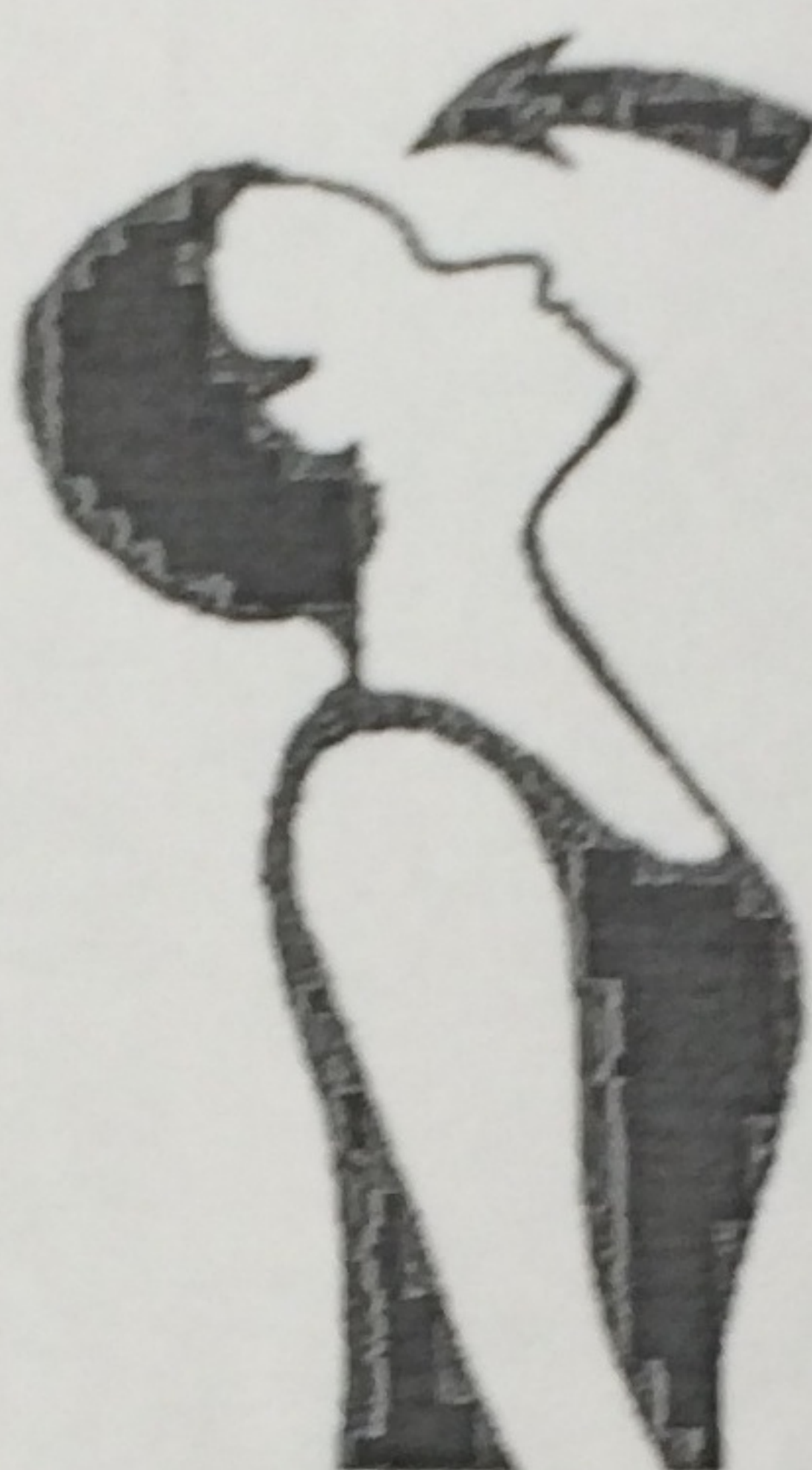
Sitting Exercises

- Move slowly into the stretch
- Aim to hold the stretch for a slow count of five seconds
- Slowly release the stretch and return to the starting position

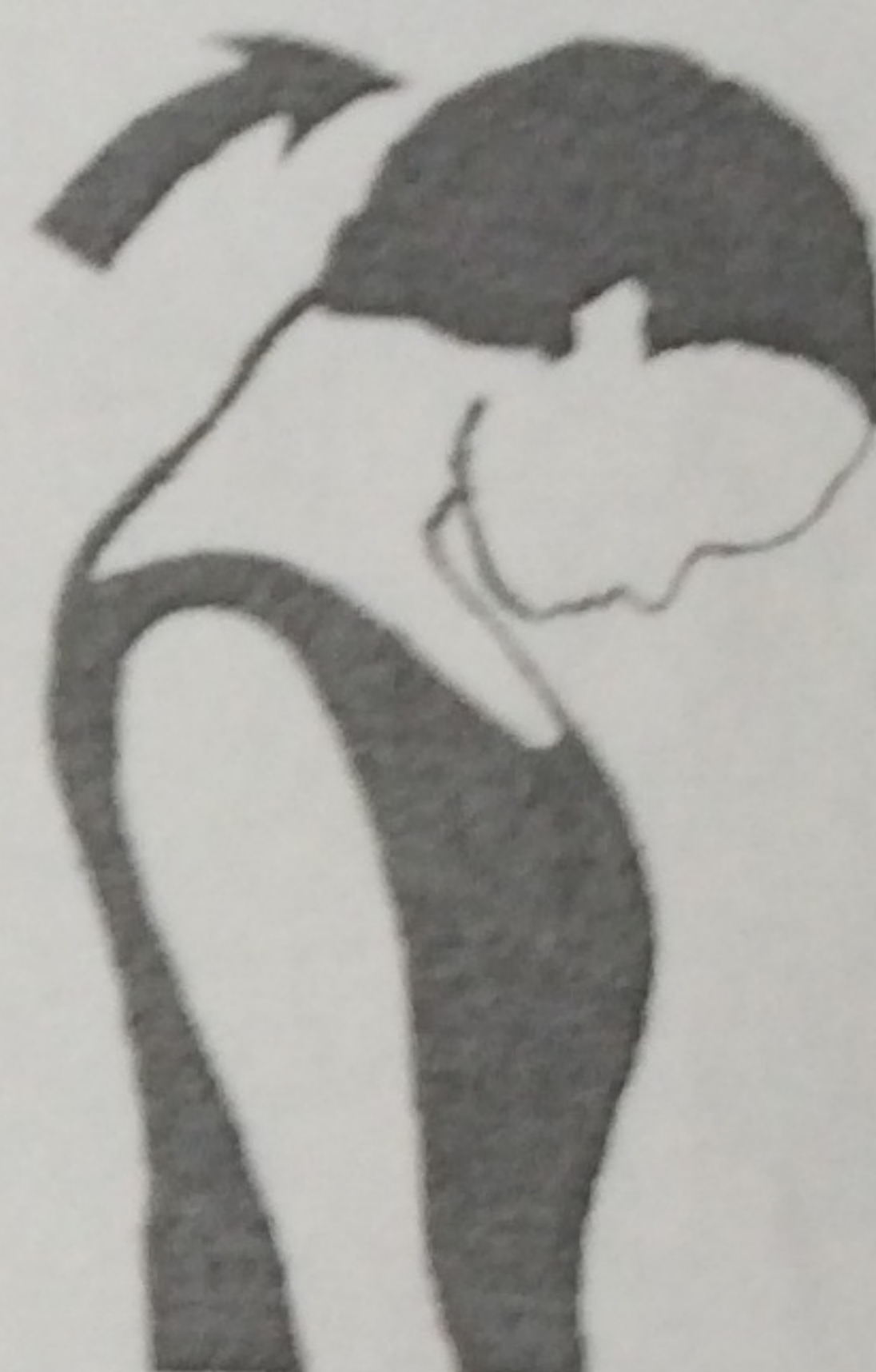
Neck Stretches



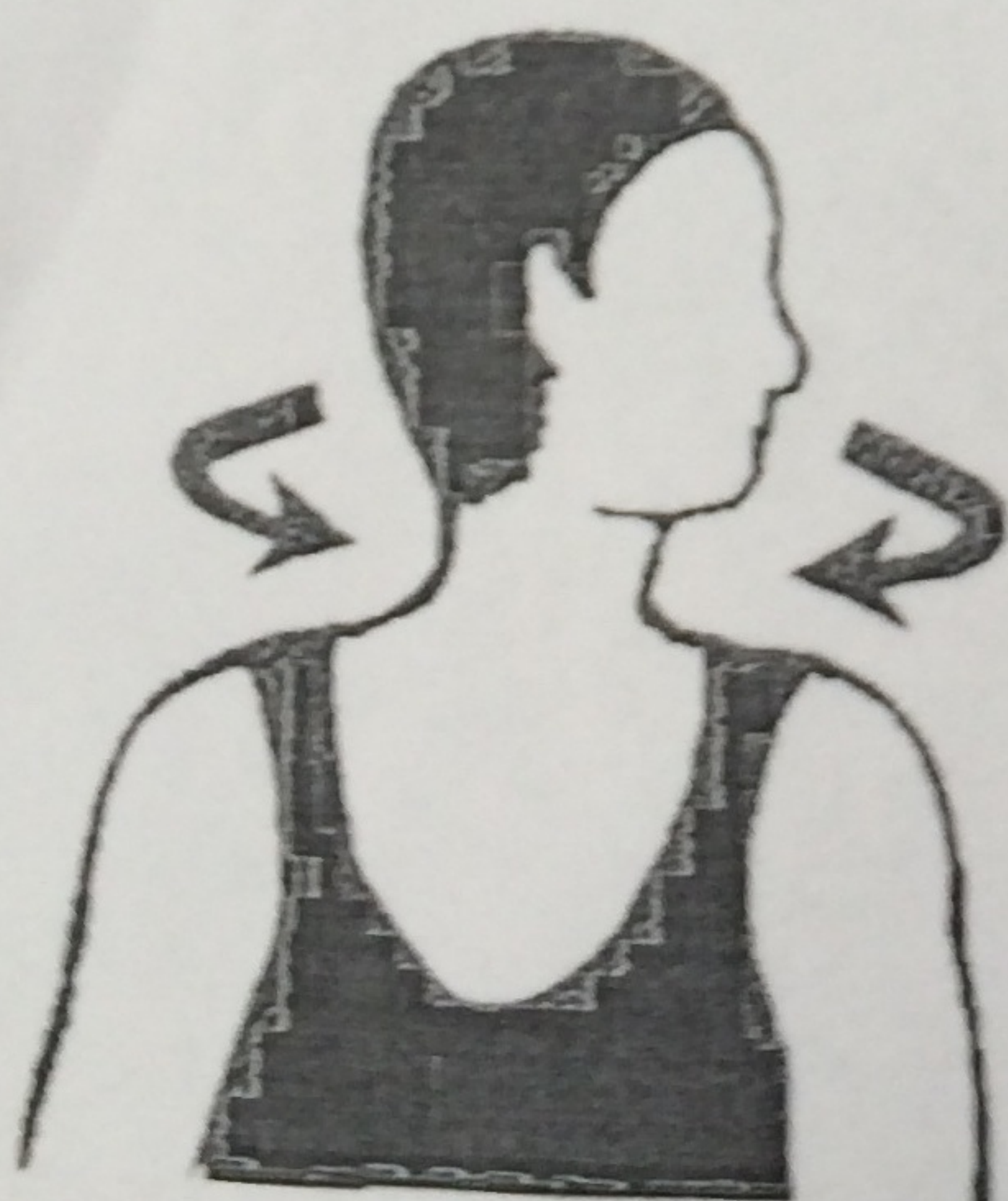
1. Chin tucks



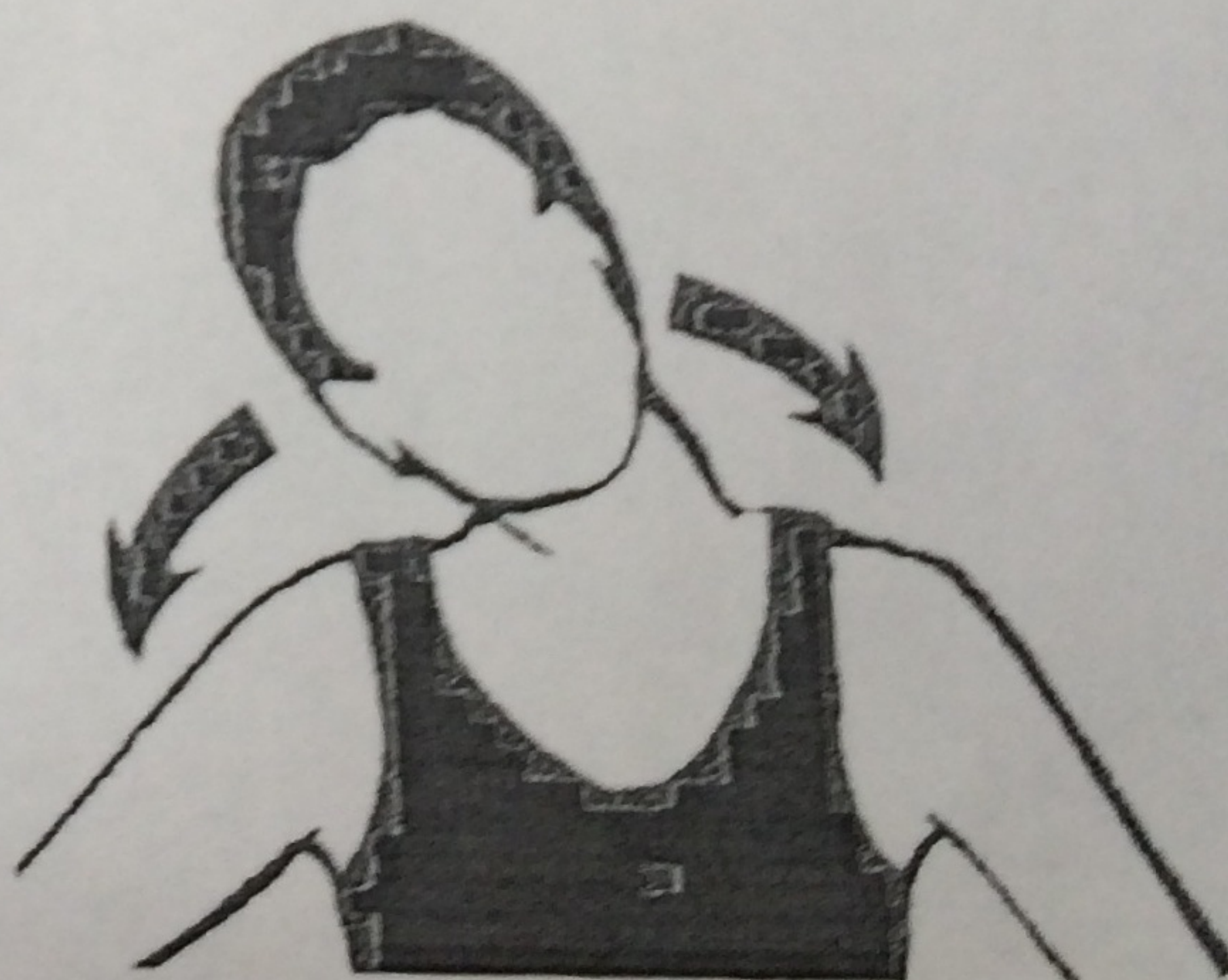
2. Backwards



3. Forwards



4. Rotation



5. Sideways