Before & After

Indoor and Outdoor Work

Approximately 5 Minutes

Before you do any indoor or outdoor work such as cleaning, painting, gardening, digging, building, carrying heavy loads, do a few minutes of easy stretching. This will help get your body ready to work efficiently without the usual muscle tightness and stiffness that results from this kind of work. Stretch to reduce muscle tension and make work easier.

1. 30 seconds (page 33)
2. 20 seconds each leg (page 52)
3. 20 seconds (page 65)
4. 20 seconds each leg (page 71)
5. 15 seconds (page 811)
6. 2 times 10 seconds each (page 43)
7. 10 seconds each arm (page 41)
8. 5 times each direction (page 89)
9. 20 seconds each leg (page 74)
10. 20 seconds each leg (page 71)