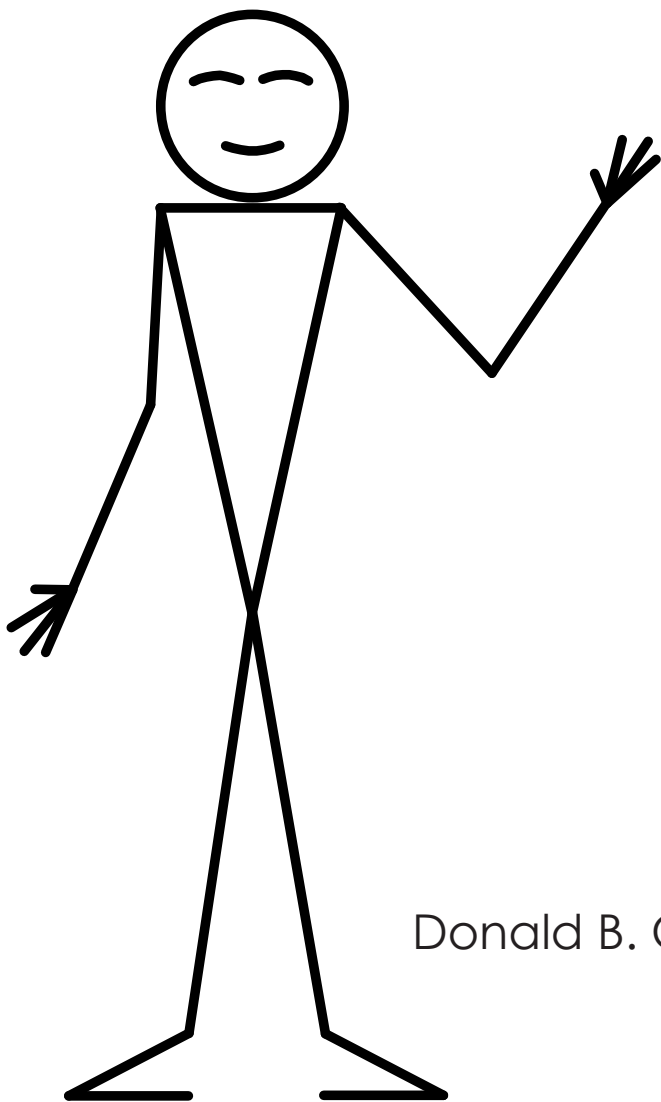


# 20 Stretches to Better Health



Donald B. Cheke

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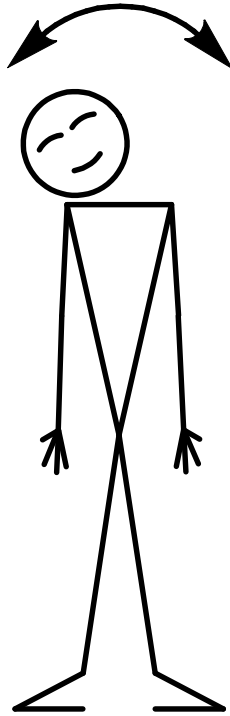


Please read before you begin.

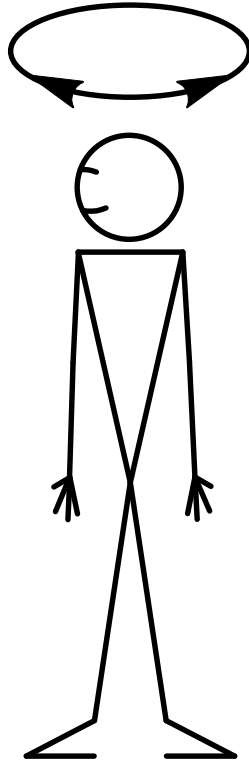
Check with your physician before beginning any exercise routine.

The number of repetitions and the total amount of holding time may be increased as an individual's performance progresses. Consult your physician if uncertain about individual increases.

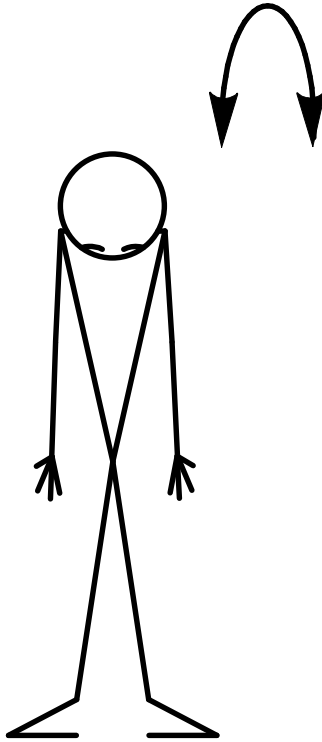
These stretching exercises can be utilized as a warm up before other exercises or they can be utilized completely on their own as a light workout.



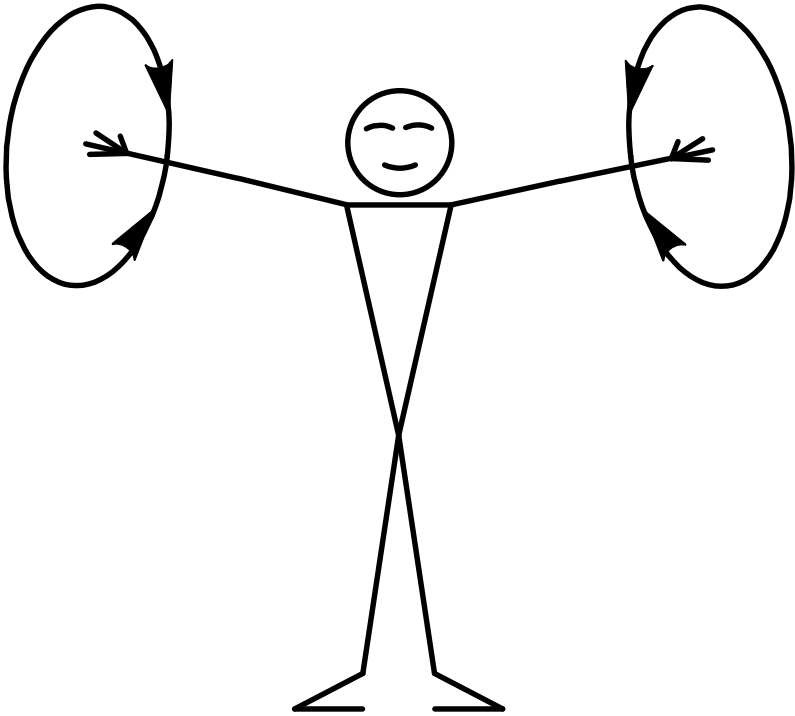
1. -- HEAD TILT (I) --  
TILT HEAD TO SIDE  
TILT TO EACH SIDE 1X  
HOLD 15 SECONDS



2. -- HEAD TURN --  
TURN HEAD TO SIDE  
FACE EACH SIDE 1X  
HOLD 15 SECONDS EACH TIME



3. -- HEAD TILT (II) --  
TILT HEAD FORWARD AND  
THEN BACKWARD  
TILT EACH DIRECTION 1X  
HOLD 15 SECONDS



4. -- ARM ROTATIONS --  
KEEP ARMS STRAIGHT  
ROTATE FOWRARD, THEN  
BACKWARD  
10 - 15X EACH DIRECTION