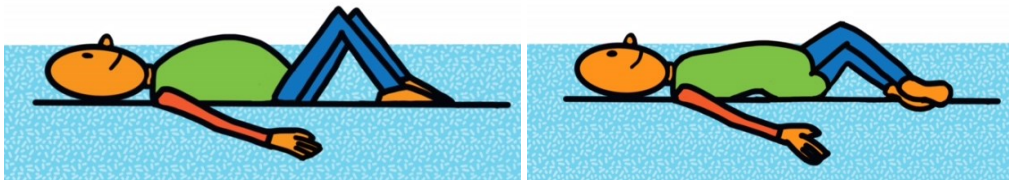


Stay Fit, Stay Healthy, Stay Happy

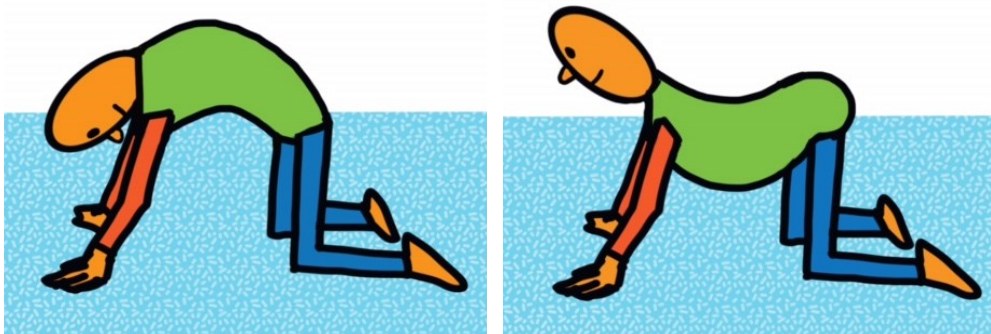
Get up and Stretch



Lie down on your back, bend one leg and bring up to your chest and then lower back to the ground. Repeat with your other leg. This is a good exercise to keep your lower body, such as your hips and knees, mobile.



Lie on your back with your knees bent up and place your feet flat on the floor. Move your legs and roll your knees from side to side. This again, will keep your hips and lower back mobile.

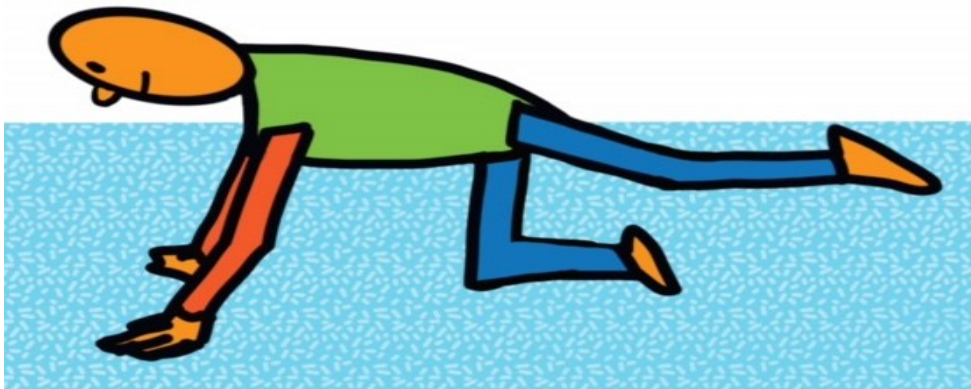


Get up onto your hands and knees. Round your back up under your tummy. Return so your back is flat (not arched). On your hands and knees. Hollow your back by sinking your tummy to the floor.

Thank you to Liz Wright and Jemma Mears, Physiotherapists from BWCH for providing the exercises.



Get on your hands and knees, into a crawling position.
Reach one of your arms forward and up, keeping elbows straight.
Then change to exercise the other arm.



Get onto your hands and knees.
Lift one foot off the floor and push it straight out behind you.
Try to keep your leg as straight as you can, for a count of 5.
Try the same exercise on the other leg.

Lying on your tummy on the floor, reach one arm out above your head. Lift your head up as you do the exercise.
Slowly lower down and then repeat with the other arm.

