

Remember to breathe and to smile!

1. Turn head to both sides, slowly. Roll toward the chest, slowly and gently. Tilt the head from side to side. For neck pain: Tuck in the chin, make a fist with your hand and put it under the chin. Push your head down slightly onto your fist.
2. Exercise to improve posture and stretch the chest muscles: Hold each stretch for a few seconds. Sitting on a chair, hold the bottom of the chair with the right hand. Stretch upward and turn your upper body to the left to open the chest. Repeat a few times with each hand. Then repeat holding the bottom of the chair with both hands. Then repeat with holding the bottom of the chair with the right hand, while bringing the left hand up and back, to further open the chest, and repeat with the other hand.
3. To strengthen the muscles between your shoulder blades, for improving posture: Locate the triangular bones on either side of your upper spine- the scapulae (*shchamot*). The muscles between them keep your shoulders back and pulled together- important for proper posture. Squeeze this muscle and hold it for 8 seconds. At the same time, tuck in your chin and elongate your neck. Repeat a few times. Don't forget to breathe! Remind yourself to do this throughout the day, anytime you feel your shoulders starting to slouch forward.
4. Do the following exercise **in a sitting position only!** Clasp your hands together behind your back, with straight arms, and lift them up while you open your chest and elongate your neck and back.
5. Stand up and face the seat of a chair. Bent over and put your hands on the chair. Move your hands to the front, middle, and back a few times. Move your hands farther apart and then close together. Cross your hands and then uncross them, a few times. Straighten up for a few seconds, then bend over again with your hands on the chair. Now lift your right leg back and slightly off the floor (or rest your toes on the floor if this is difficult) while repeating the hand movements. Repeat with the left leg back.
6. Stand and if necessary, hold a chair for balance. Hold the chair the least amount possible to maintain your balance, for example with a finger only. Lift your right leg and bring it to the front, to the side, and then to the back, and then return to the start. Either touch the floor with your toes at each point, or if you can, try to keep your foot in the air the whole time. Repeat with the left leg, then repeat with each leg just moving your foot from the front to back a few times, without touching the floor if possible.
7. Stand (with a hand or finger on a chair for balance, if necessary) with a ball at your feet on the floor. Put your right foot on the ball and move it forward and backward, side to side, and in circles. Repeat with your left foot.

Holding hand weights (1kg)- it is also possible to do the exercises without weights:

1. Sitting at the edge of a chair, hold the weights at your sides. Raise your right arm to the front and then lower your right arm **slowly** and then continue the movement backwards as much as you can, at the same time as you raise your left, and continue alternating back and forth a few times, moving slowly and concentrating on **controlling the movement**, as in all strength training exercises.
2. Sitting on a chair, bend your elbows and raise your arms to chest height or keep them by your sides. Straighten one arm at a time, as if punching, and at the same time as you return the first arm to the start, straighten the second arm. Repeat a few times.
3. Stand and raise your arms (with straight elbows) above your head. Bend your knees slightly and then straighten up a few times. Lower your arms and then raise them again. Take a step forward with your right leg, lunge down (bend your knees) and straighten up, then repeat with the left leg.

Aerobic: Start standing tall with your head straight. Swing your arms as you move your legs.

Walking and marching with knees up, each to a count of 50. Rest for a few seconds and then repeat each three times.

Running in place to a count of 20. Rest and repeat twice.