

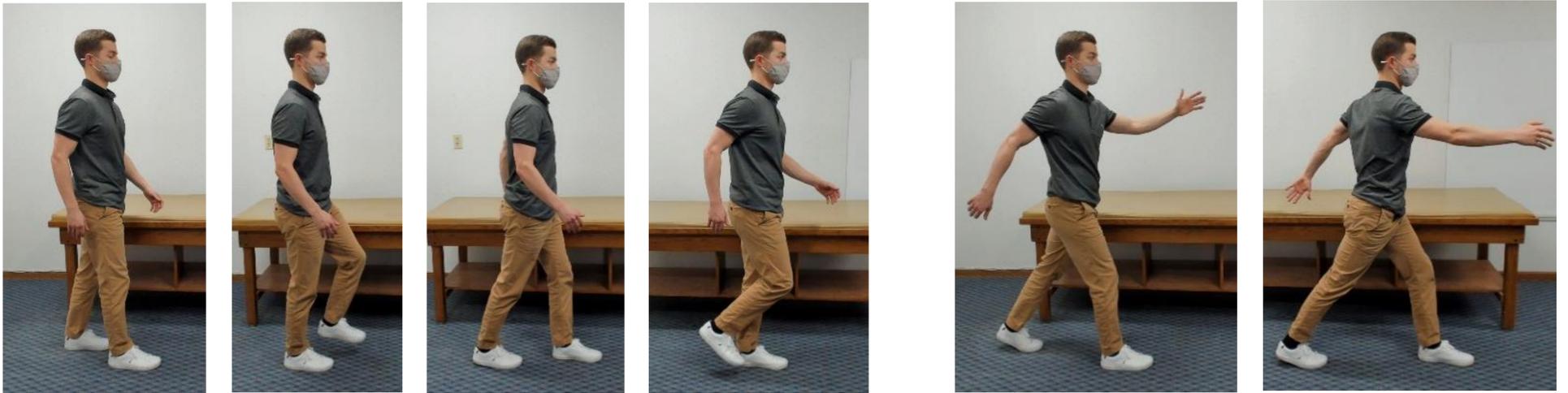


a. Rapid Walking and Striding

[Video Link Rapid Walk](#)

[Video Link Striding](#)

Begin standing in a long, open, flat space. Quickly take small steps forward while increasing your normal walking pace by 25-50% for 2 minutes. Make sure to keep your movements controlled. Then return to your normal pace and try to increase the length of your normal walking stride and arm swing by 25% for one minute.



b. Side to Side Stepping

[Video Link Side Stepping](#)

Begin standing upright. Bend your hips and knees into a mini squat position. Slowly step sideways, then step back to the starting position in the opposite direction. Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise. Repeat this activity for one minute.

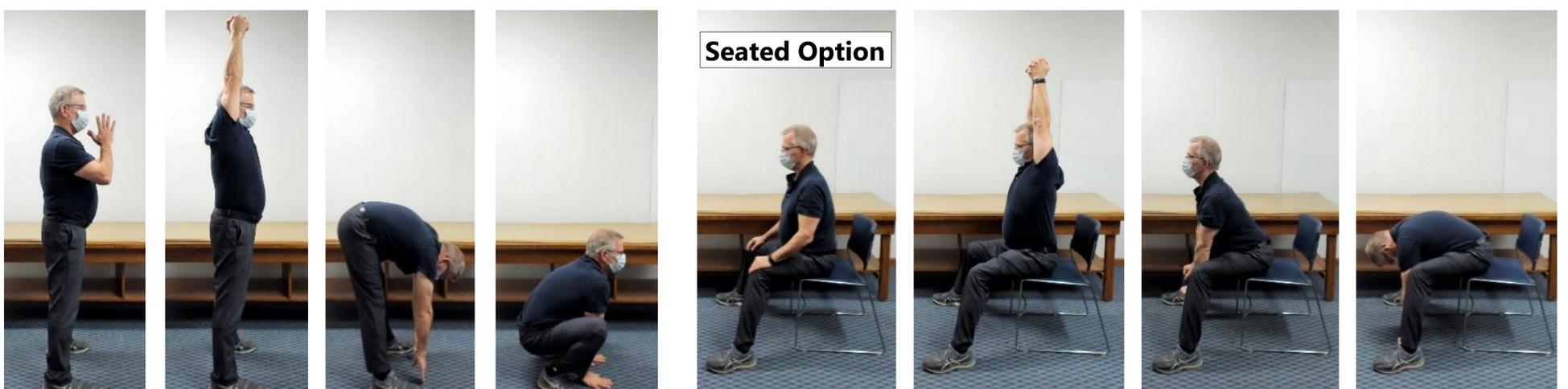


c. Mountain Pose to Forward Fold

[Video Link Standing](#)

[Video Link Seated](#)

Begin standing in mountain pose, feet together and palms pressed together. Inhale, lift your arms through the midline to upward facing hand pose. Exhale, bring your hands down the middle of your body (keep the palms pressed as long as you can) and fold forward. Bend your knees. Relax your head. Return to mountain pose. Bending your knees allows for improved folding at the hip crease and decreased strain on the hamstrings and low back. Repeat 5 times and hold each position for 2 seconds.



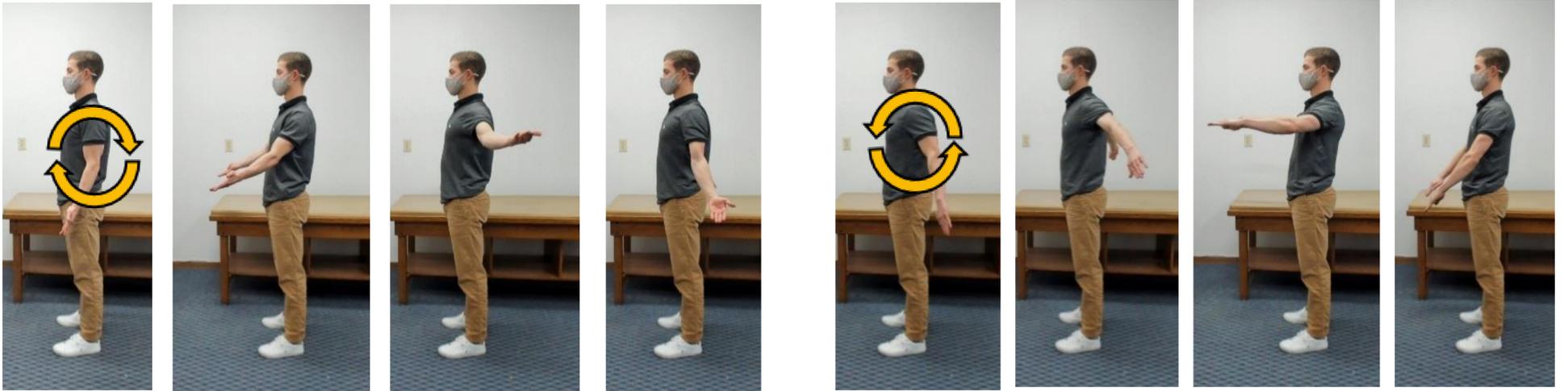


d. Arm Circles Standing

[Video Link Backward](#)

[Video Link Forward](#)

Begin in a standing upright position. Raise your arms directly to your sides with your elbows straight and perform circles in a backward direction with your palms facing up. Then perform circles in a forward direction with your palms facing the floor. Keep the height of the arm circles below shoulder level. Perform 15 arm circles in each direction.



e. Single Knee to Chest Standing

[Video Link Standing](#)

[Video Link Seated](#)

Begin standing within close reach of a table or wall. Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side. Make sure to maintain your balance during the exercise. If this is too challenging for you, try doing high marches while assisting with your hands under the back of your thighs. Repeat 5 times and hold each position for 2 seconds.



f. Trunk Sidebending Stretch

[Video Link Standing](#)

[Video Link Seated](#)

Standing with your feet shoulder width apart. Raise one arm overhead and rest the other hand on your hip. Slowly lean toward the opposite side of your raised arm until you feel a stretch and hold. Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward. Repeat 5 times and hold each position for 2 seconds.

