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Movement

Supple joints support lifelong flexibility, balance, and vitality at every age.

TOES: Wiggle each toe side to side, back and forth, weave fingers between toes, stretch toes forward and backwards.

FEET: Point and flex, Spread and squeeze toes

ANKLES: Circle ankles each direction 5 times

KNEES: Bend knee inhale, extend exhale; Bend knee inhale, extend leg hold, lower leg exhale; With bend knee circle lower leg each direction 5 times

HIPS: With leg cradled in arms, side to side and back and forth. With same hand as leg bent, hold under thigh and circle whole leg in each direction; place bent leg down and pulse 20 times with hand on thigh

SPINE: Bent knee 'churning' circles, easy sitting pose stretch side to side, back and forth, easy twists; Rock and roll up and down spine

SHOULDERS: Circle each direction, up and down, back and forth

ELBOWS: Bend arms with hands in fists, straighten arms with hands spread

WRISTS: Flex fingers up and point fingers down; operand shut hands, with thumb tucked inside hands circle fists in either direction

FINGERS: Quick open and close, open hand slowly one finger at a time; press finger tips together for 25 pulses

NECK: Circle in each direction, look left and hold, look right and hold, ear to shoulder on each side

BALANCE: Balance on one leg, then the other every day

Enjoy Positive Aging at Every Age