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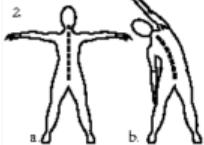
INNER WINNER

A. Star Series Warm Up

-Straighten up. Stand tall in the "inner winner" posture. Ears, shoulders, hips, knees, & ankles should be in a straight line.
-Pull your belly button in towards your spine.

-From the inner winner posture, spread your arms and legs into the Star (2a).

-Facing forward, place one hand in the air with the other at your side. Breathe in as you slowly stretch one arm overhead, while slowly bending your entire spine to the opposite side and sliding the other hand down your thigh (2b). Relax at the end of the stretch, breathing out and in again. Perform slowly twice to each side. Easy does it.

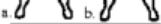


STAR TILTING STAR

-In the Star position with belly button drawn inward, gently turn your head to look at one hand. Slowly twist your entire spine to watch your hand as it goes behind you. Relaxing in this position breathe out and in.

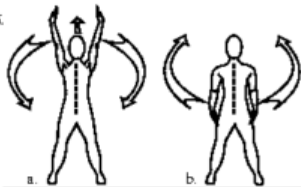
-Perform slowly twice to each side. Enjoy the

3.



TRAP OPENERS

6.



THE EAGLE

-In inner winner posture, bring your arms out to the sides and gently draw your shoulder blades together. (6a) Breathe in as you slowly raise your arms, touching your hands together above your head. (6b) Slowly lower your arms to your sides as you breathe out. Perform 3 times.

-(7a) Next, make small backward circles with your hands and arms drawing your shoulder blades together. (7b) Sway gently from side to side in the "Hummingbird". Enjoy for 10 seconds.

7.



-1 then relax your shoulders & slowly roll them backwards & forwards. Enjoy for 15 seconds.

11.



EXTENDING THE SWORD

-Stand in the star position, keeping your stance wide with your belly button in.

-Turn your foot outward as you shift your weight to one side. Feel the groin area gently stretching. Place your knee over ankle and elbow above your knee as you extend your arm, torso, and ribs. Easy does it.

-Older adults should place their hand on their knee. Stretch for 10 seconds to each side.

-Shake limbs loosely for 15 seconds.
-This one is pure fun. We are done!

Practice Straighten Up & Move daily as an important feature of an active healthy lifestyle.

10.



THROWING WATER

12.

