

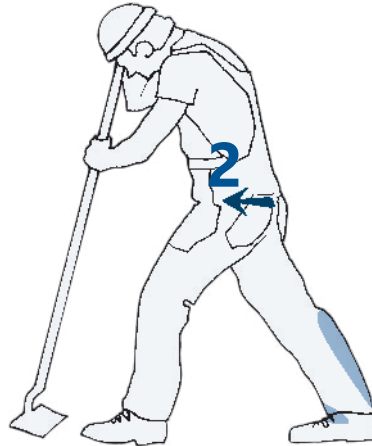
Gardening

Approximately 4 minutes

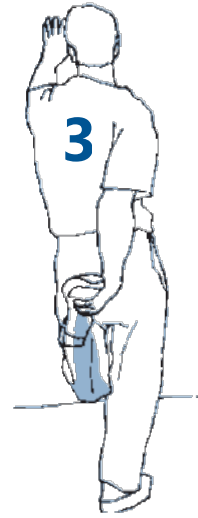
Before, during, and after you work in the garden, do a few minutes of easy stretching. This will help get your body ready to work efficiently without the usual tightness and stiffness that results from this kind of work. Stretch to reduce muscle tension and make work easier.



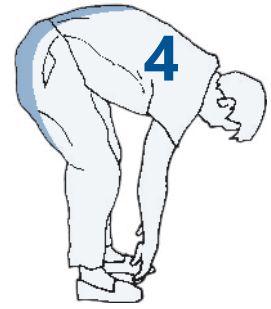
10-15 seconds



10-15 seconds each leg



10 seconds each leg



10-15 seconds (legs apart)



3-5 seconds 2 times



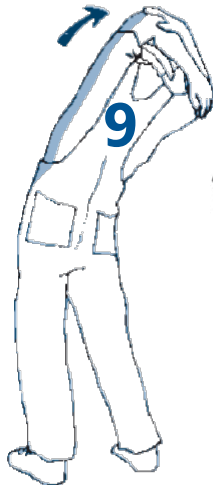
10-15 seconds



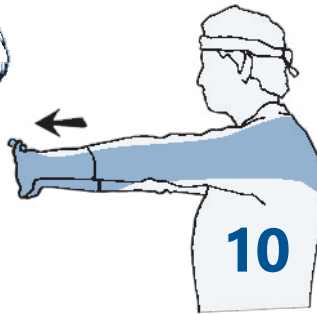
10 seconds



10 seconds each arm (page 44)



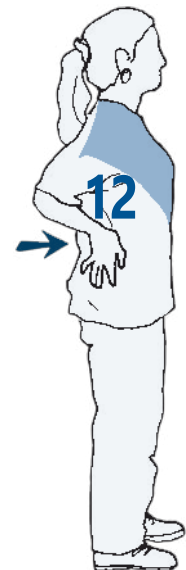
8-10 seconds each side



5-10 seconds



8-10 seconds each side



8-10 seconds 2 times