

Reminders:

- Move slowly and mindfully with the breath
- Maximum of 4-6 repetitions is enough
- Unlock your knees when doing standing movements
- Try not to keep your core switched on all the time
- Consider low interval, high intensity exercise - 8-10 minutes per day. It can be anything that gets your heart up - eg jogging, dancing to favourite music

1. Circle of Joy



Breathe in



Breathe out
Interlace and push
palms away



Breathe in and lift
arms overhead



Breathe out and
Release arms by side



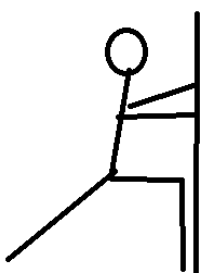
Breathe in and
open chest



Breathe out and
bring hands back to heart

2. Recorded Standing Routine

3. Leg Stretches - before and after squatting and separately throughout the day



Start dynamically 5-6 times
Hold and take some deep breaths
Keep neck and shoulders relaxed

4. Squats



Feet hip distance apart and parallel

Relax neck and shoulders

Inhale and exhale as you lower

Keep knees in place - ie an imaginary block

Push outward into heels as you squat

Start dynamically

Hold and take some deep breaths