

# Stretch Break

 Studies Weekly®



**Side Bends x10**



**Chest Stretch x5**



**Upward Salute x10**



**Shin Strengthener x15**



# Correct Posture

 StudiesWeekly®



No slumping,  
crossed feet  
and curved back.



## 90-90-90

### Rule

Keep 90 degrees  
at hips, knees &  
ankles. Feet flat  
on the ground.





# Tense & Release



1

Close your eyes. Breathe in. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then breathe out, and rapidly relax the muscle group.

2

Next, squeeze the large muscles in the calves for 5 seconds, then quickly release. Working your way up the body, squeeze the thigh muscles for 5 seconds and release.

3

Continue moving up the body. When you are finished with all of the muscle groups, count backward from 5 to 1 to bring your focus back to the present.





# Tense & Release

## MUSCLE GROUPS

Arms	Clench hands into fists, bend arms at the elbows, and flex your biceps.
Shoulders	Raise them toward your ears
Chest	Take a deep breath, and hold it for 5 sec
Back	Arch it up and away from the chair
Stomach	Suck it into a tight knot
Glutes	Press them together
Thighs	Clench them