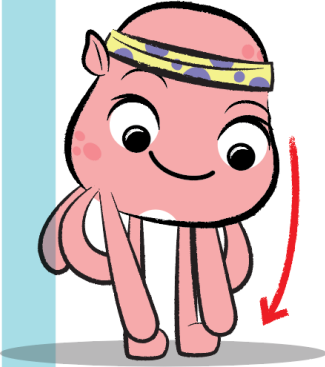


# Connie's Cardio Corner

## STRETCHES!

Before any physical activity it's important to stretch. Stretching helps to get our muscles ready to work! So grab an adult, and do these stretches with Connie!

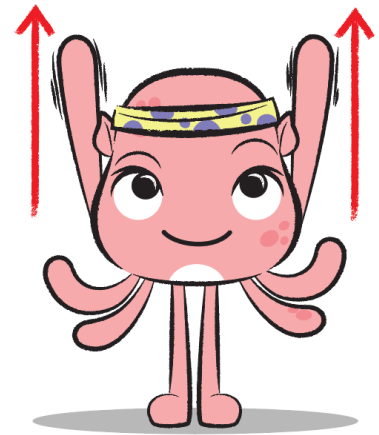


### 1. Touching Toes:

From a standing position, first put your feet together. Then, bend at the waist and slowly reach for your toes. Hold for 15 seconds.

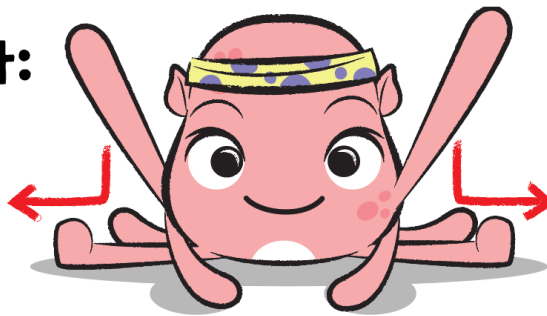
### 2. The Arm Stretch:

From a standing position, take both arms and reach up as high as you can! Hold for 15 seconds.



### 3. The Octo-Split:

From a sitting position, keep your legs spread apart, and lean your body forward...



...Keep your body between your legs with a stretched back. Hold for 30 seconds!

### 4. Tree Pose:

First, stand on one foot. Bring your other foot (or feet, if you've got more, like Connie!) to rest on the standing leg, just above the knee. Bring your hands together in front of you, and hold for 30 seconds!

