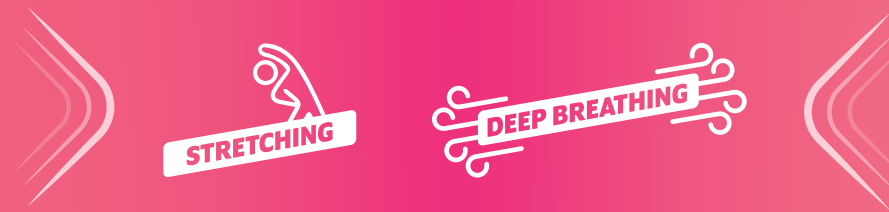


# THE HEADLIGHTS

This will straighten your back, improving your posture and breathing, which in turn will help improve blood flow and healing.



1

- » You can do this movement seated if you're more comfortable
- » While sitting, slide to the edge of the chair.
- » Sit up straight, looking straight ahead.

2

- » Slowly, stretch your arms in front of you.
- » Slowly open your palms, stretching your fingers...
- » Then close your palms.
- » Open & close your hands, just like blinking headlights.
- » Remember to keep breathing.
- » Do it slowly 3 times, then, if you can, 3 times faster.



Level 1

# THE HEADLIGHTS



Sit up straight  
Look ahead



Palms open



Palms closed



**GREAT  
JOB!**