

# Exercise Cards



## SUPER 7 STRETCHES

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# STRETCHING

Stretching makes moving easier. When children spend a lot of time sitting in classrooms or at home on electronic devices stiffness can set into the shoulder, fingers or neck.

These 7 simple stretches take less than 5 minutes and can help children to refocus in a classroom or take a much needed break from technology.

Whether young or old stretching has benefits for all.... so get stretching!

*Directions: Print cards on card stock, laminate and cut out. Place on a small ring for ease of use and organization.*

# Super Seven Stretches for All Ages

By Melinda Bossenmeyer, Ed.D

## Overhead Side Stretch



Super Seven Stretches Silver Sneakers

## Hamstring Stretch



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## Shoulder Stretch



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## Calf Stretch

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## Triceps Stretch

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## Knee to Chest Stretch



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## Cat to Cow Stretch



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