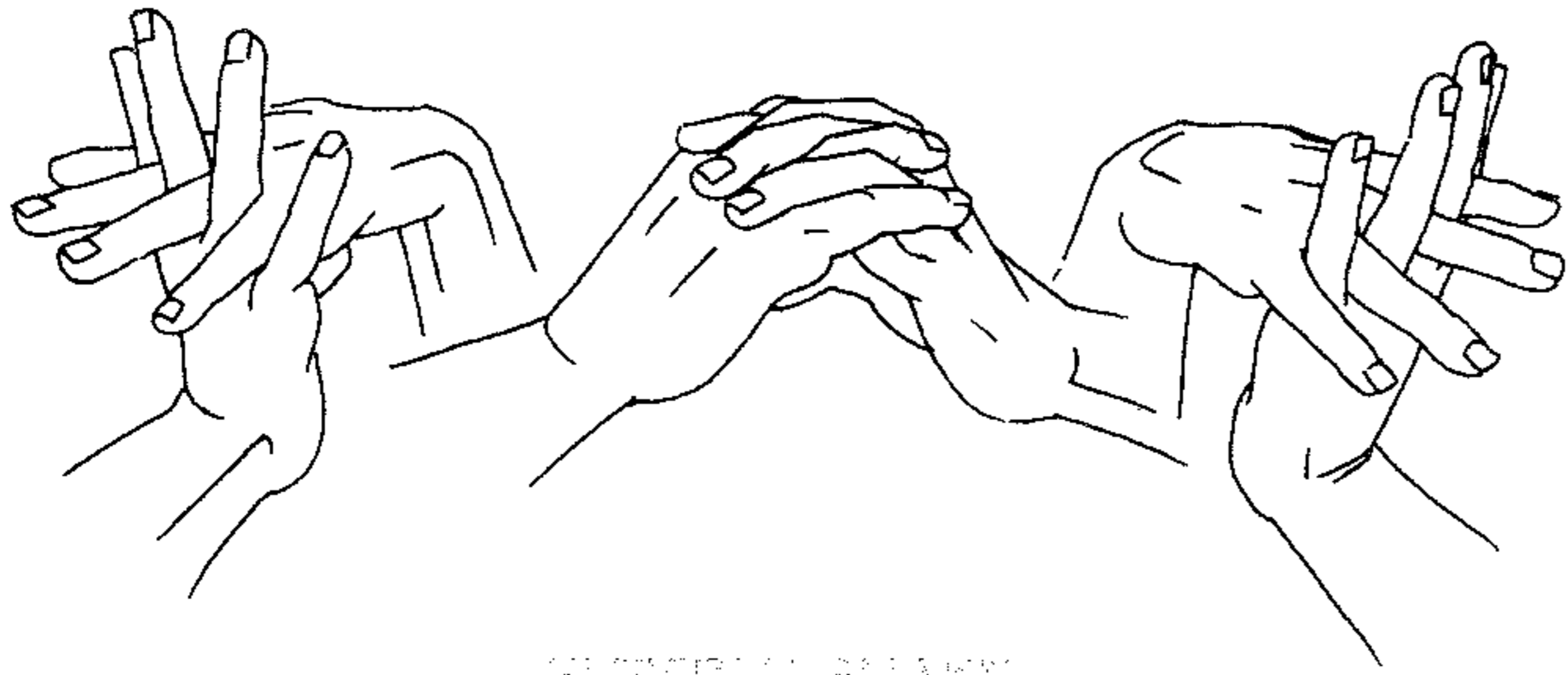
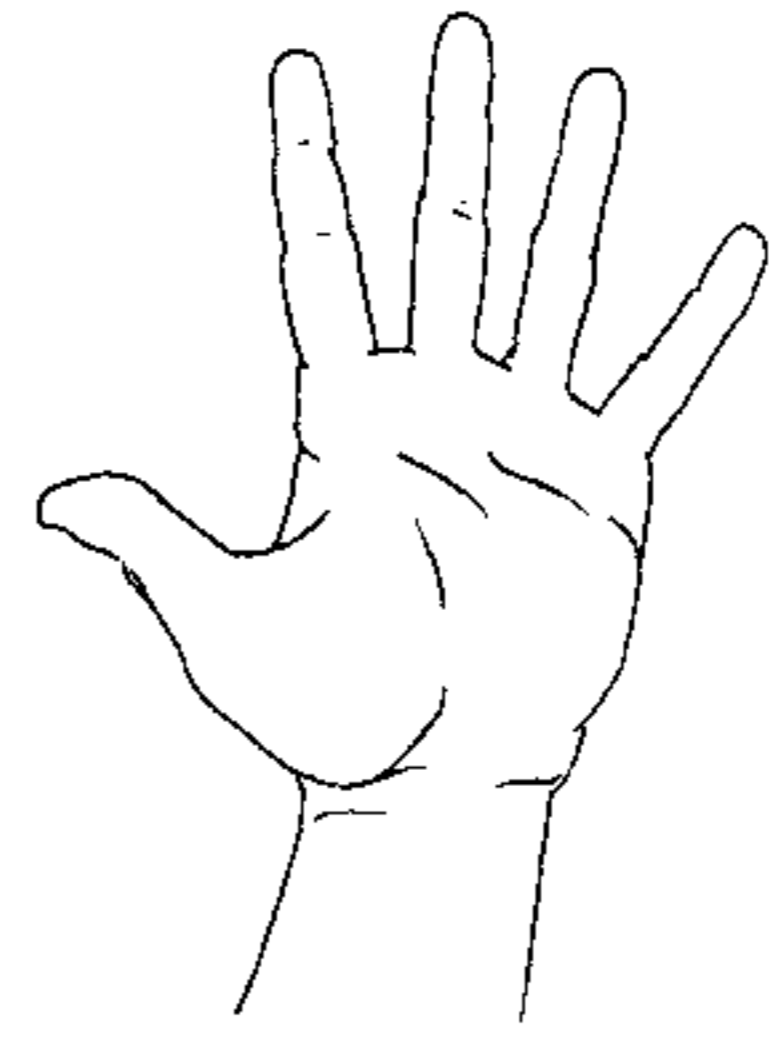


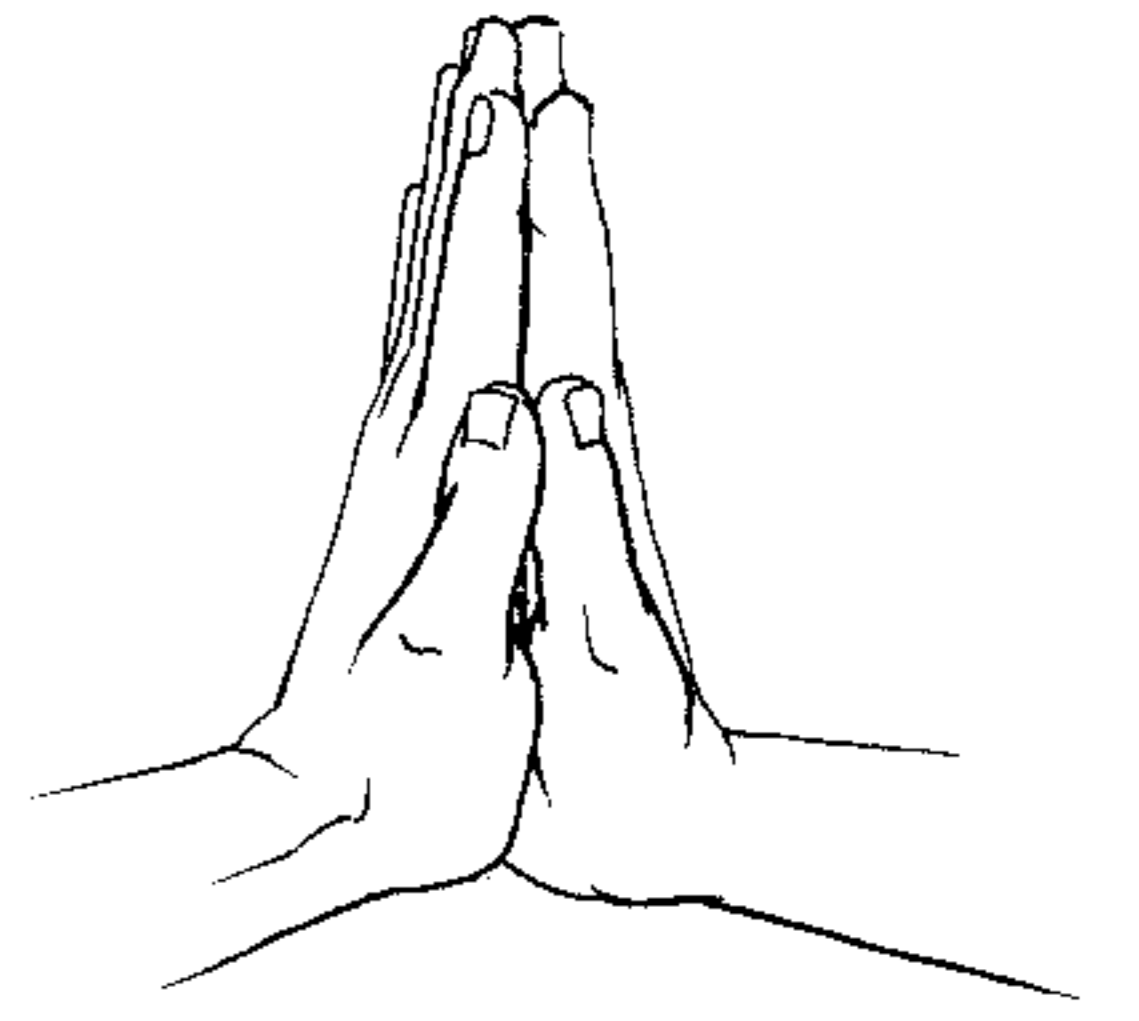
**H  
A  
N  
D  
S**



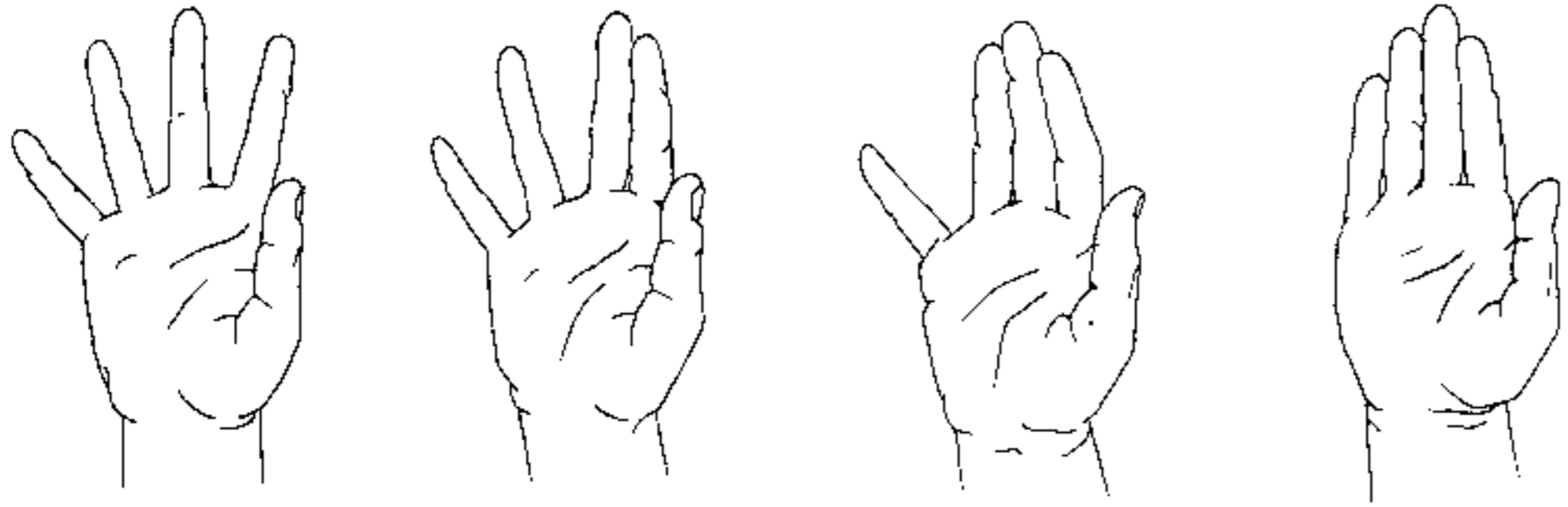
FINGER SNAKE



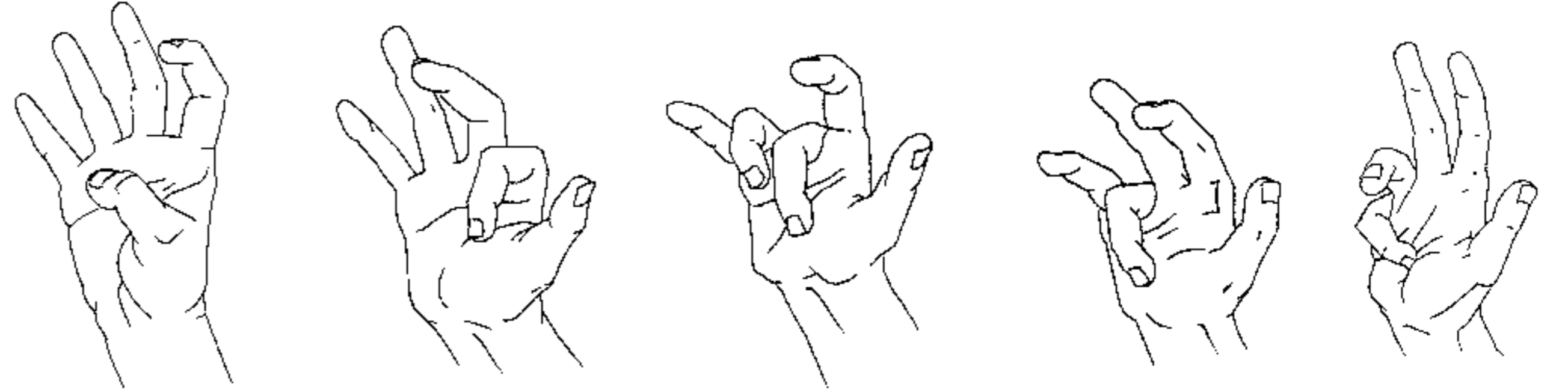
THE FAN



TRACERS

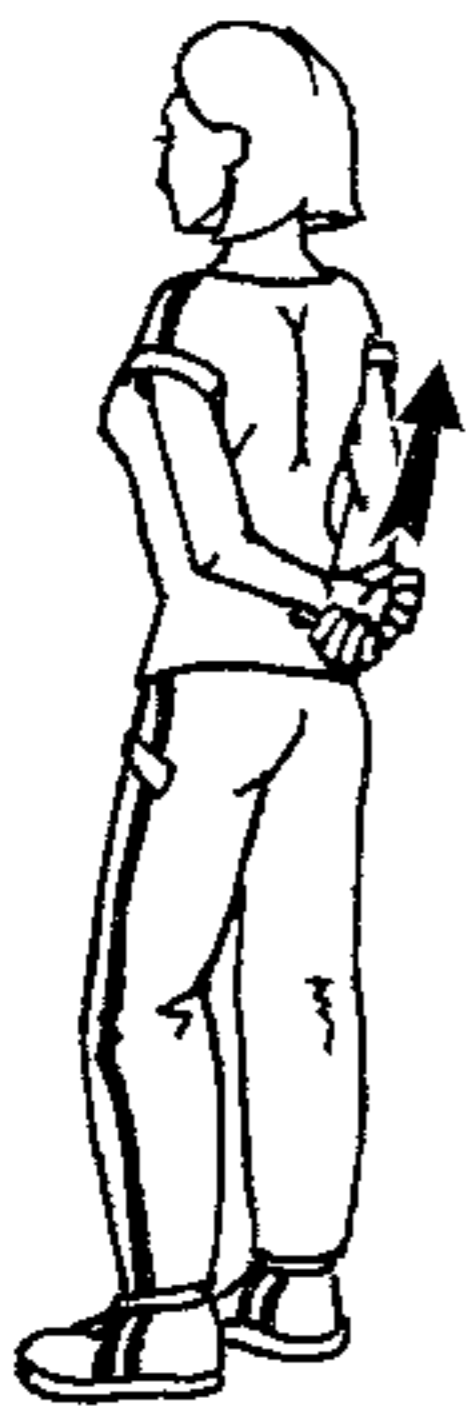


FINGER FLY

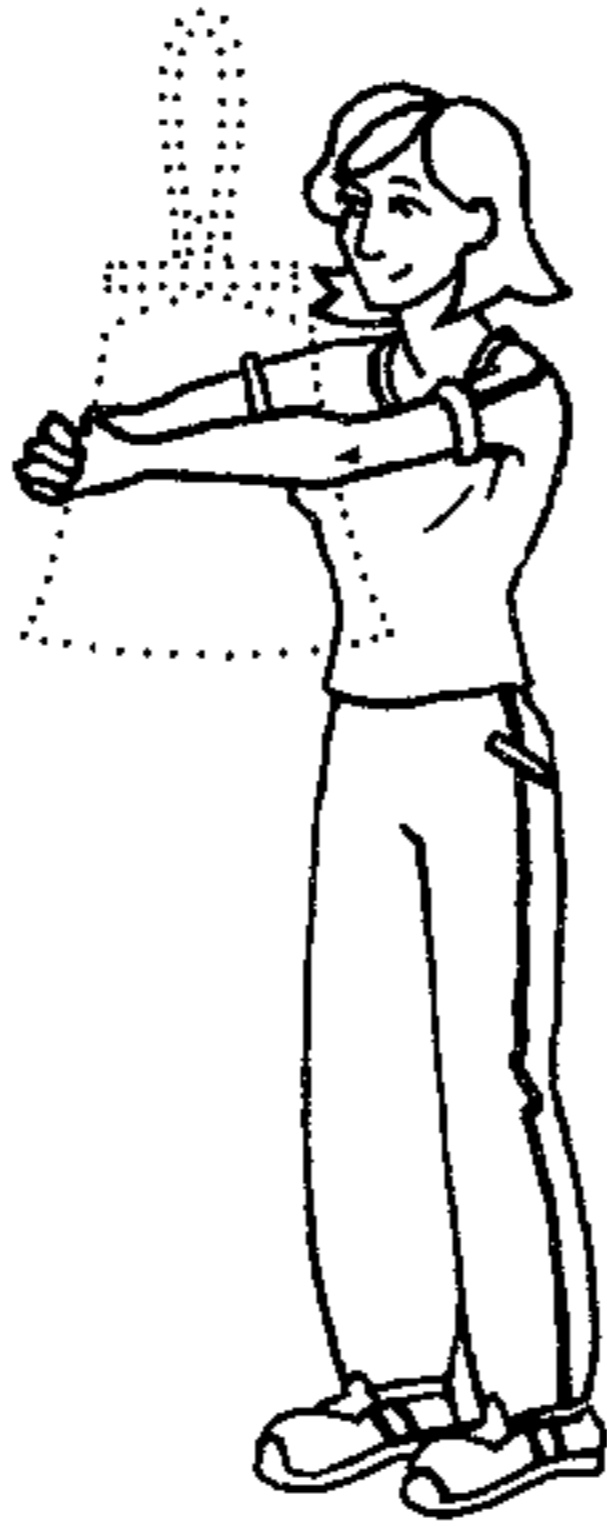


CRAWFISH

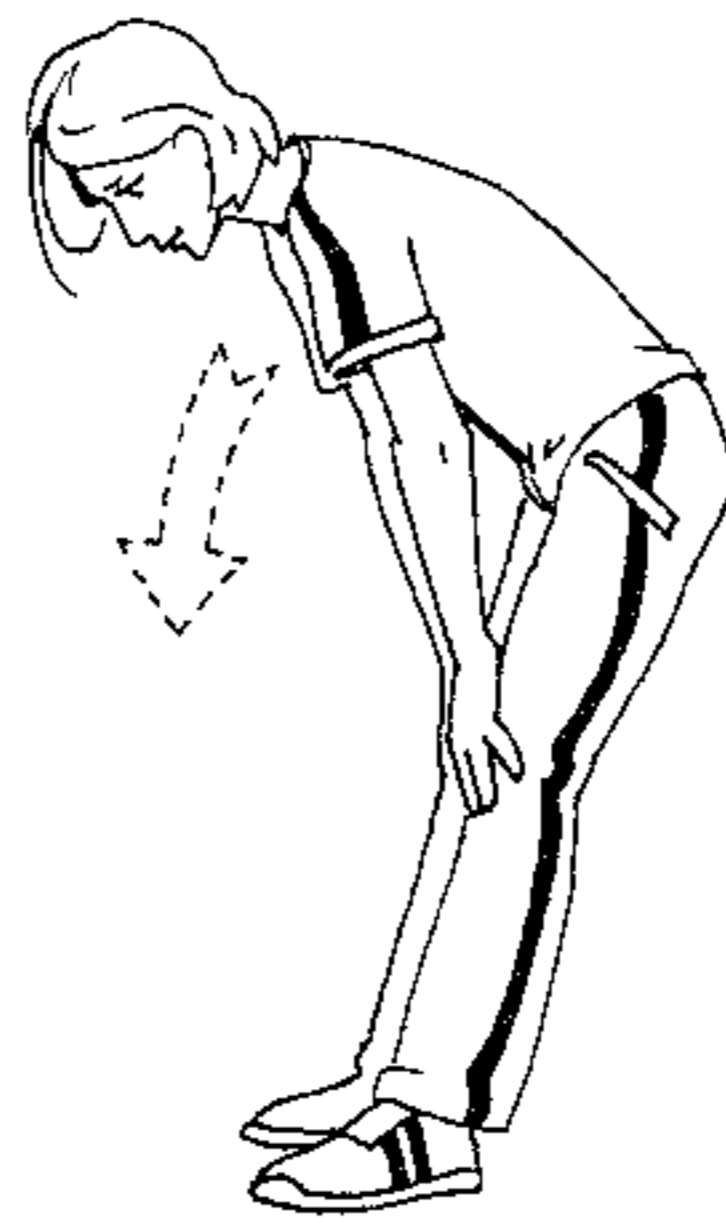
**B  
A  
C  
K**



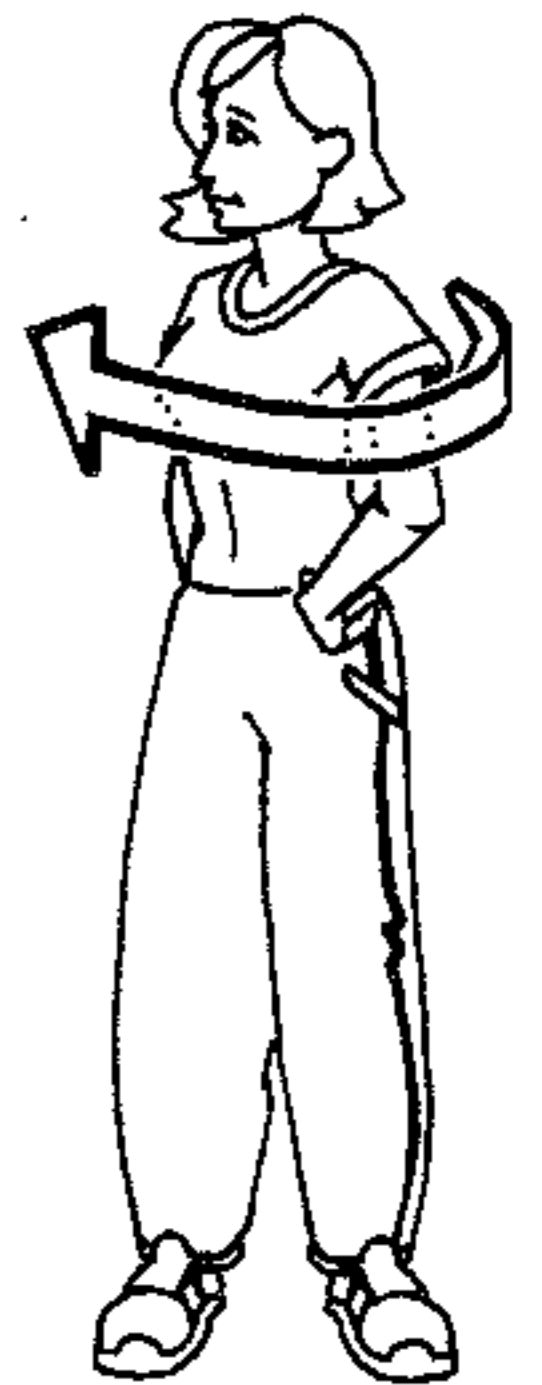
SHOULDER RAISE



BELL RING

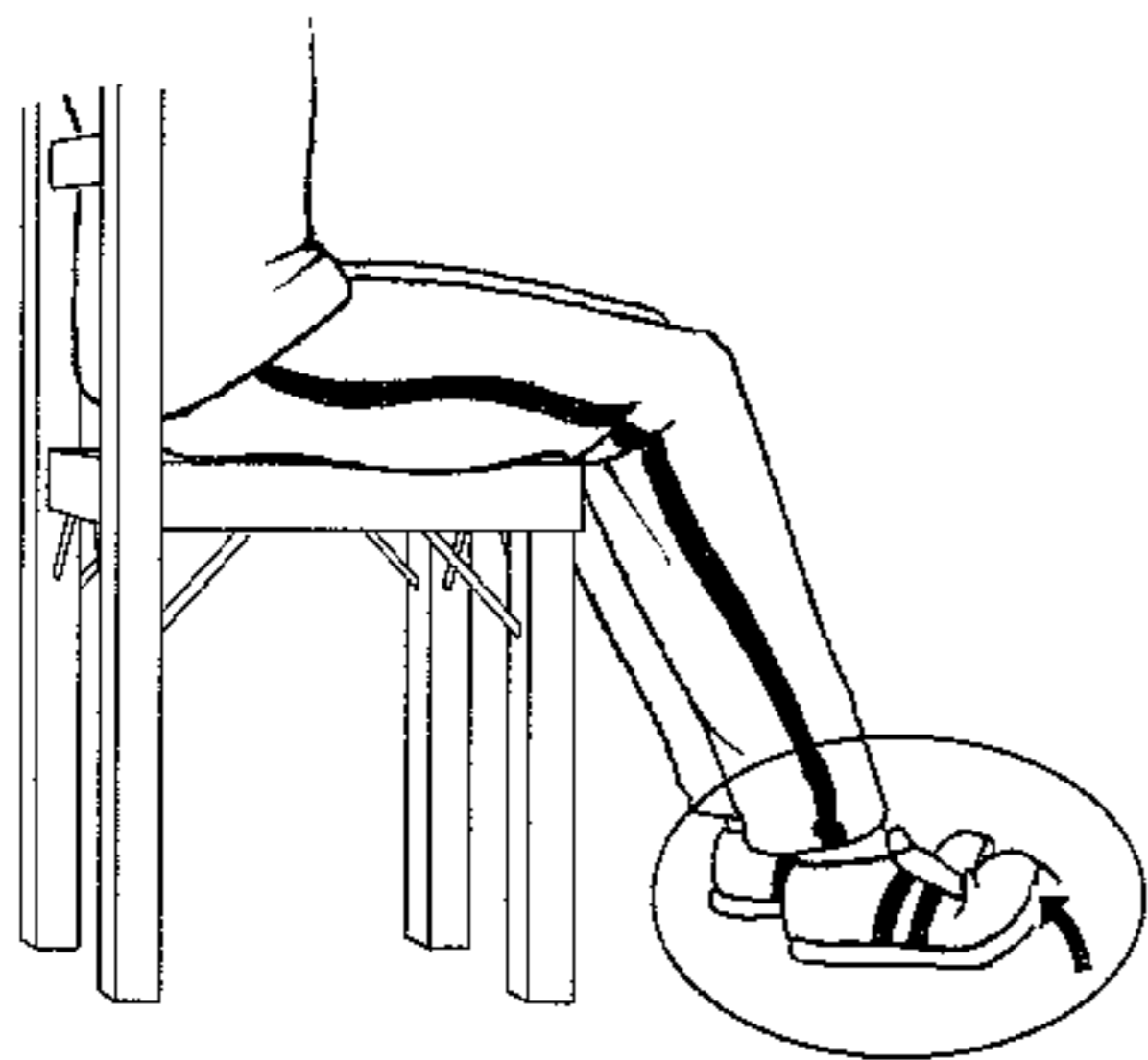


GENTLE FORWARD BEND

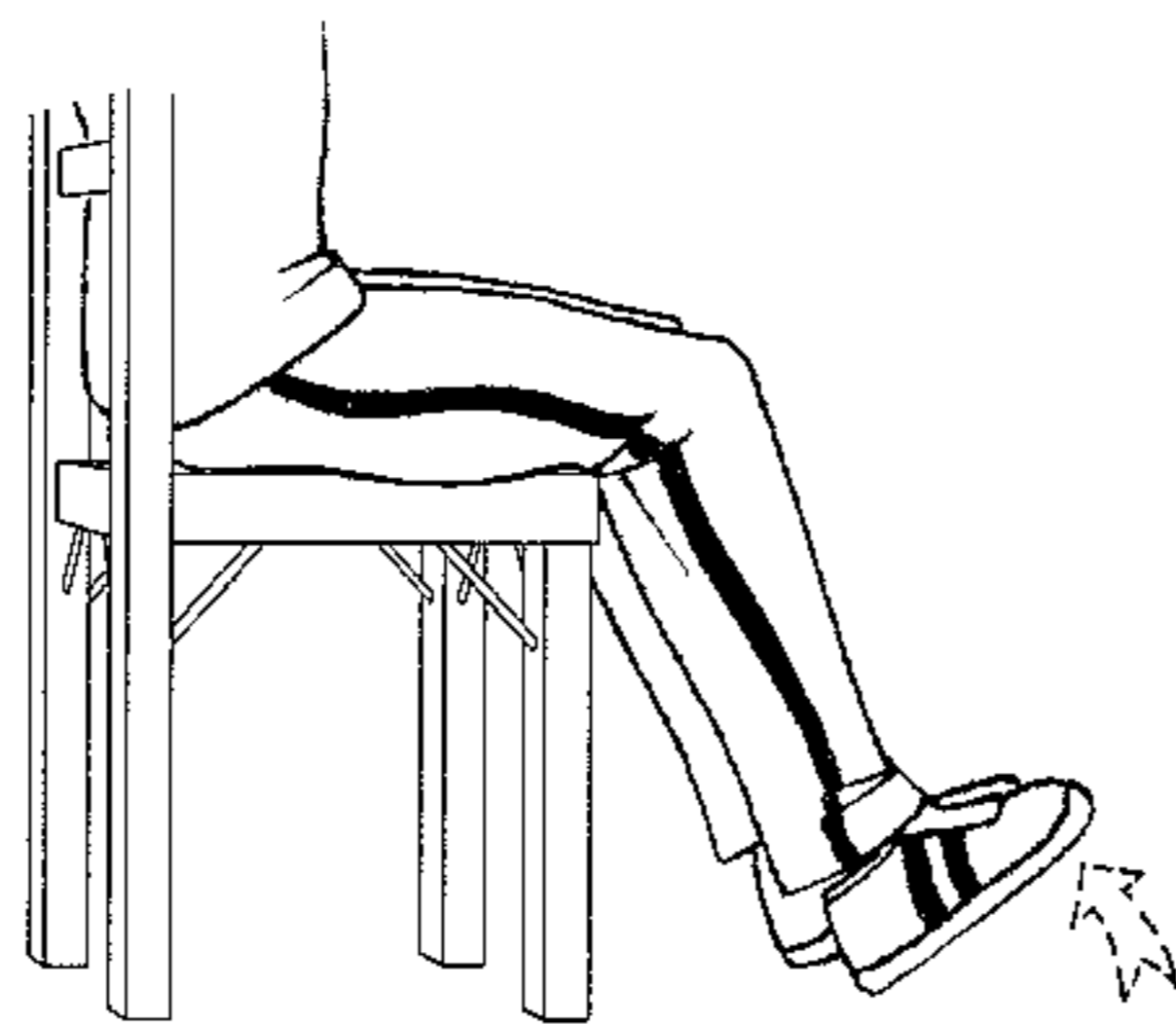


TOWEL TRICK

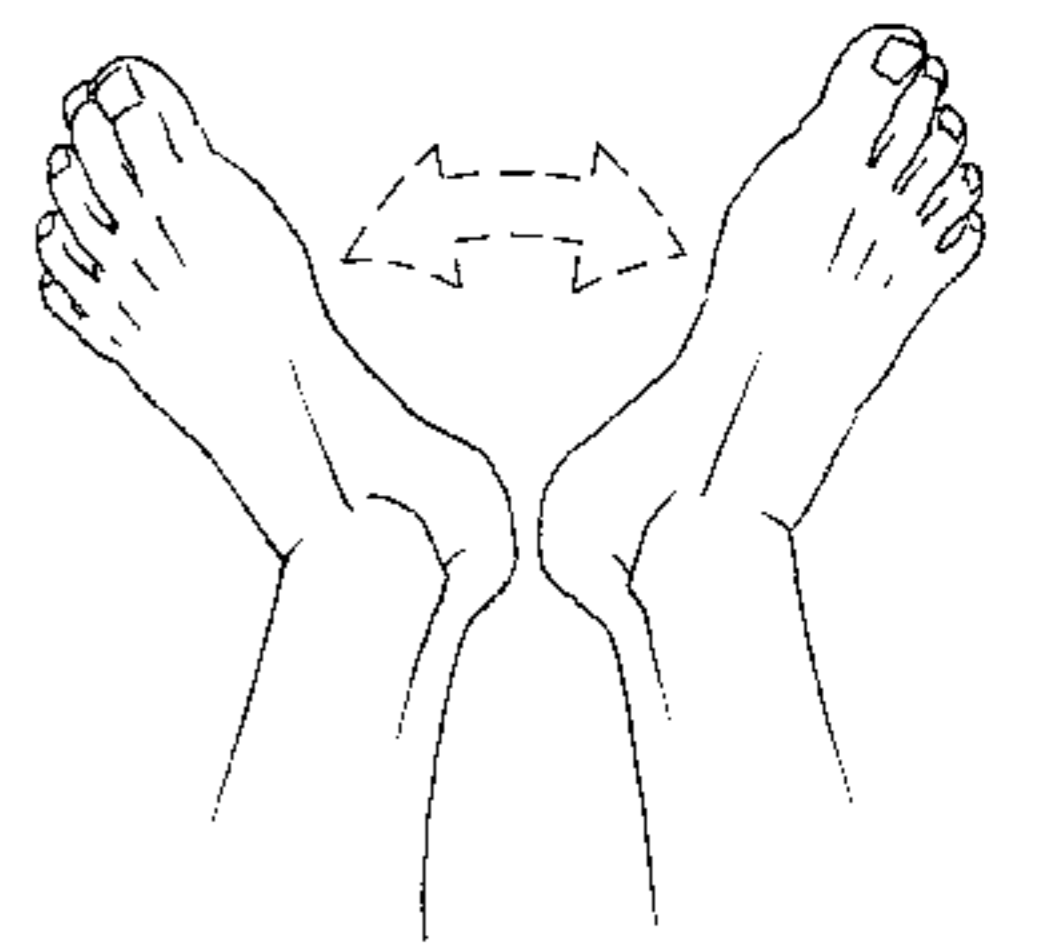
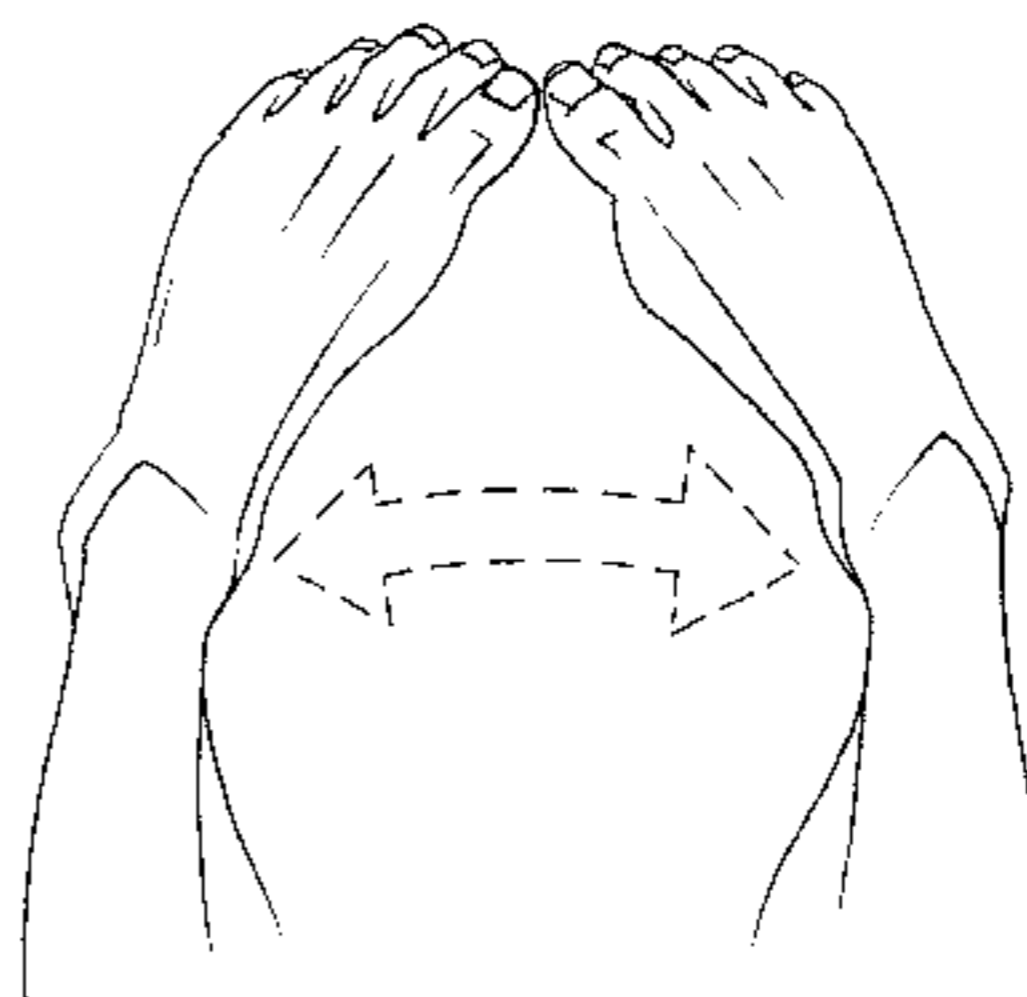
**F  
E  
E  
T**



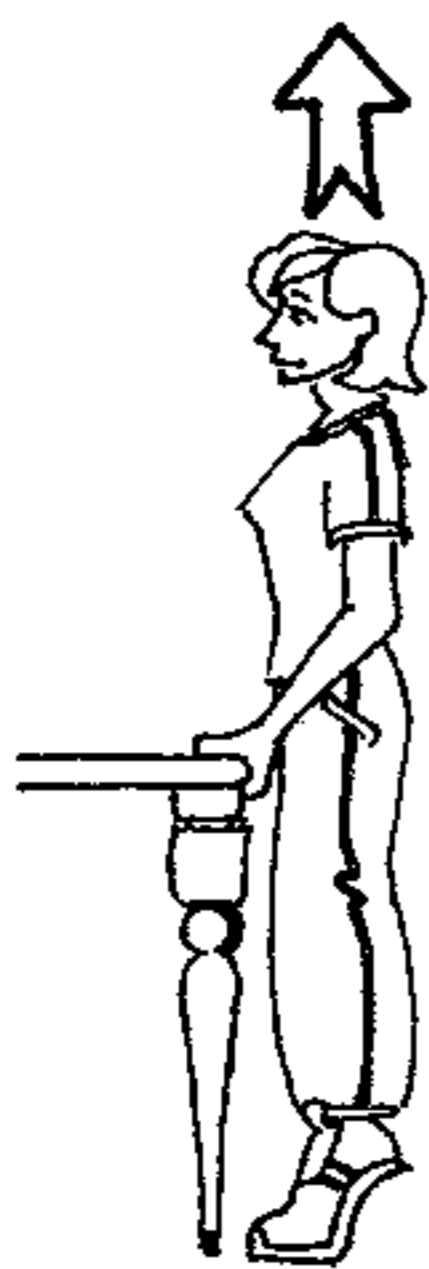
TRED TOES



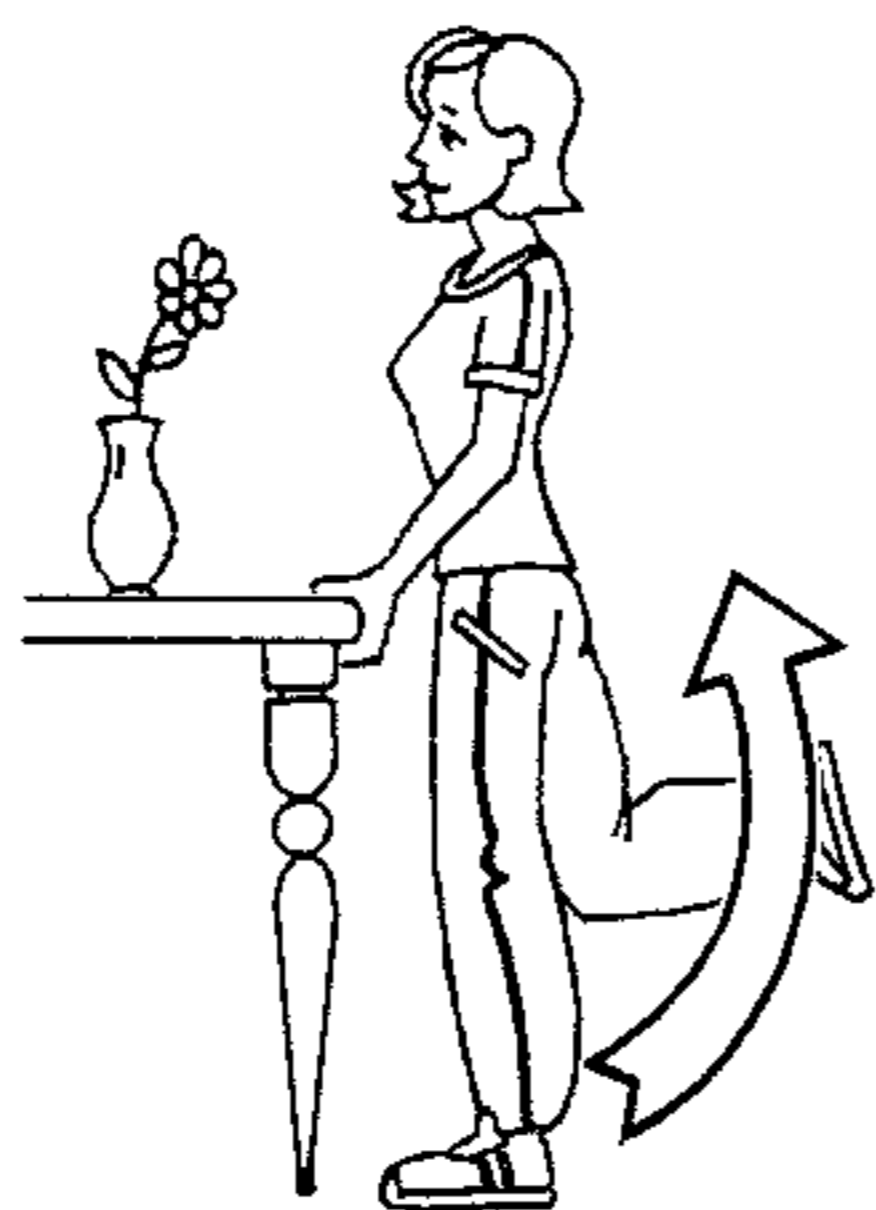
TRED ANKLES



**L  
E  
G  
S**



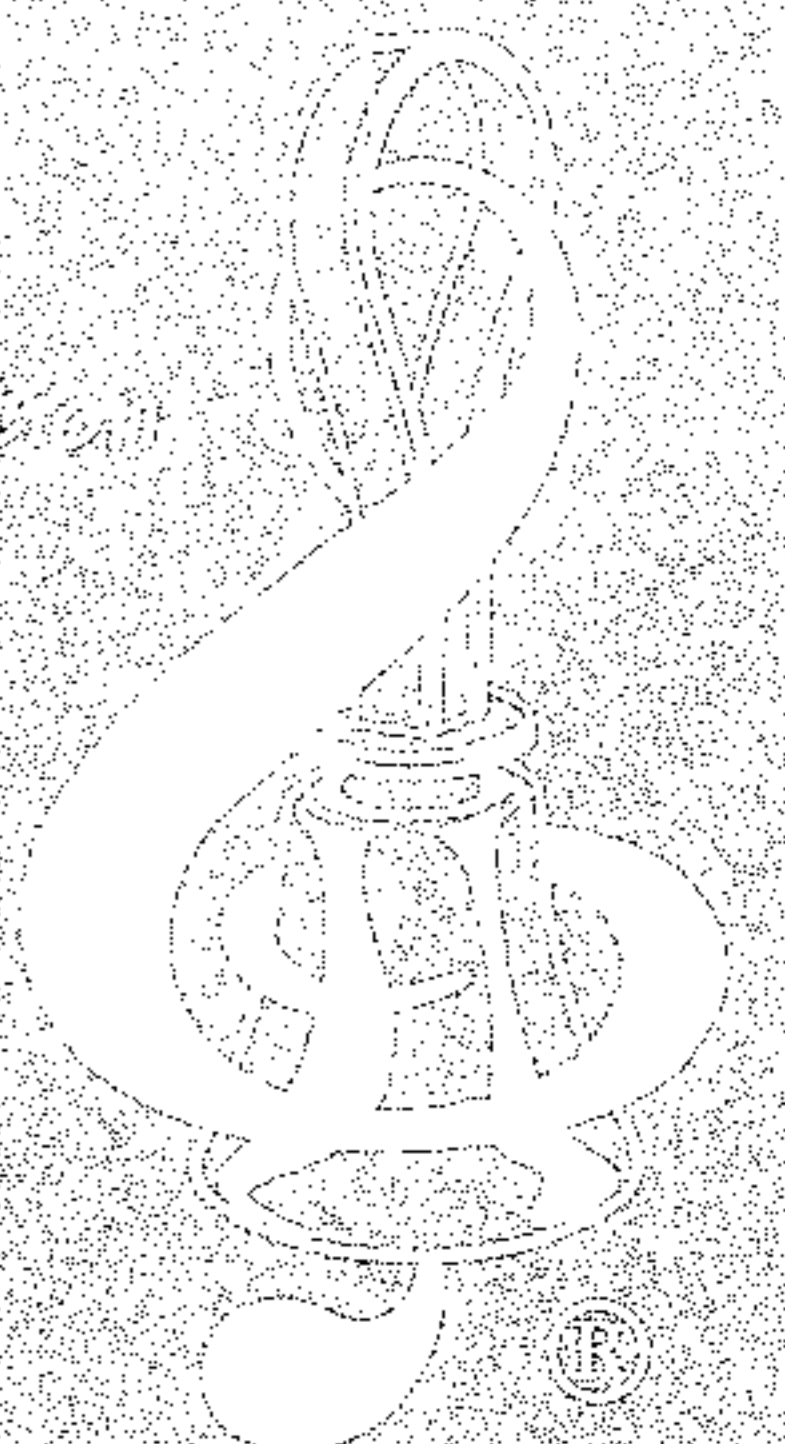
TIP-TOE STRETCH



LEG RAISES

These exercises have been taken from Susan Barry's comprehensive book, *Healthy Stretching*. For additional information about this important book and other stretching products, contact:

Handbel Services, Inc.  
1215 Mason St.  
Dearborn, MI 48124  
1-800-57-BELG





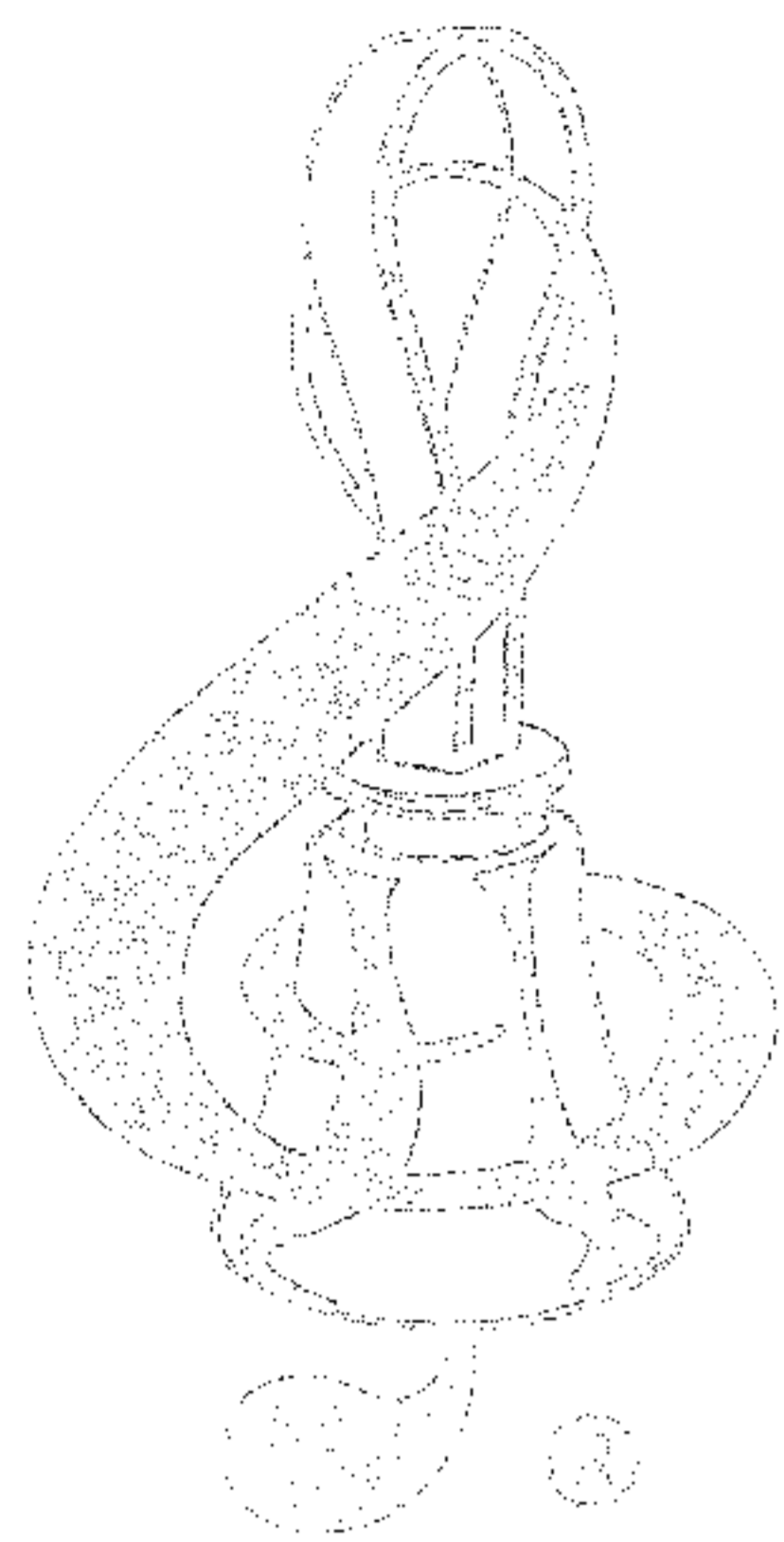
# Healthy Ringing®

Illustrated by Allan Berry

**Important!** If you've had any recent surgery or muscle injury, please consult your health care professional before doing these exercises.

## STRETCHING REMINDERS

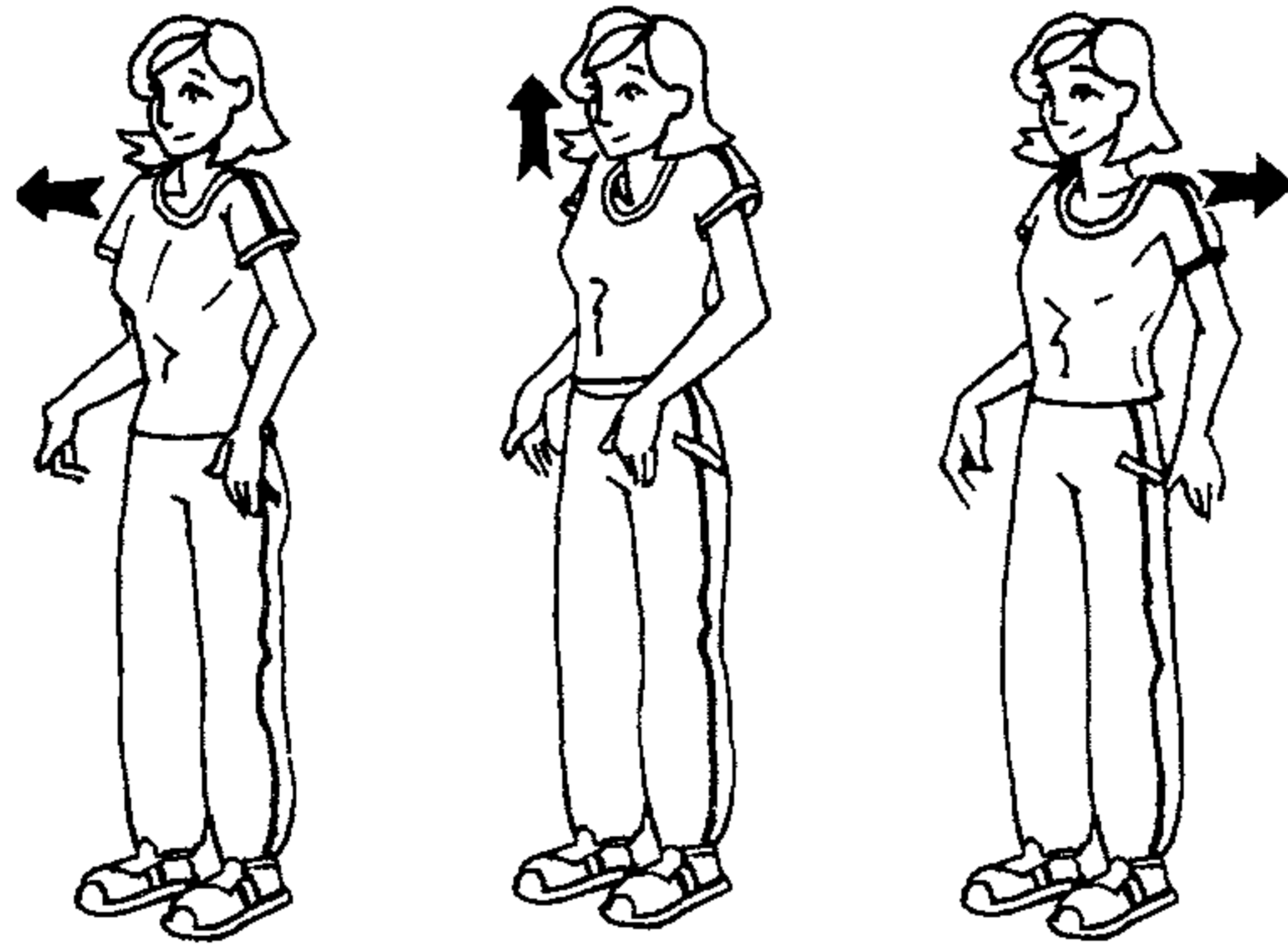
- Breathe slowly and steadily throughout all exercises.
- Isolate the muscle you are working to stretch – create resistance.
- Conserve your energy by working each exercise slowly.
- Keep your elbows unlocked.
- Back off the stretch if you feel any discomfort.
- If the stretch feels good, repeat.
- Relax following each stretch.
- Hold each position for at least 10 seconds.



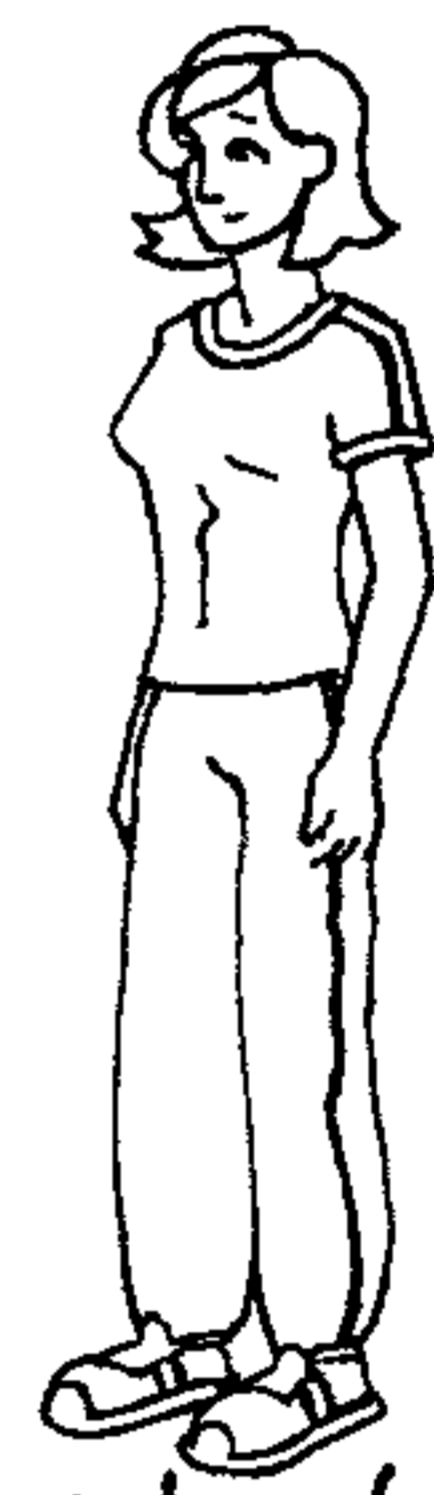
### SHOULDERS & NECK



SHOULDER ROLL



SHOULDER SQUEEZE



relax!~



HUG

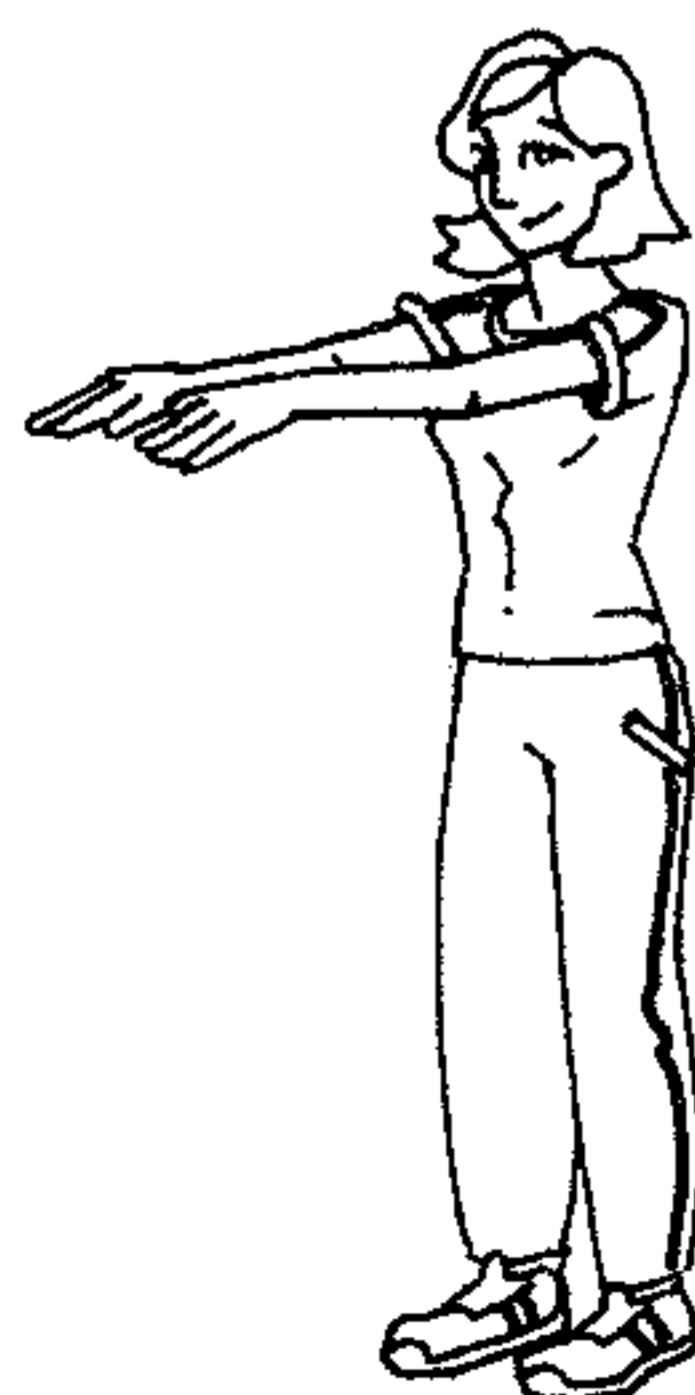


NECK STRETCH



ARM ROTATION

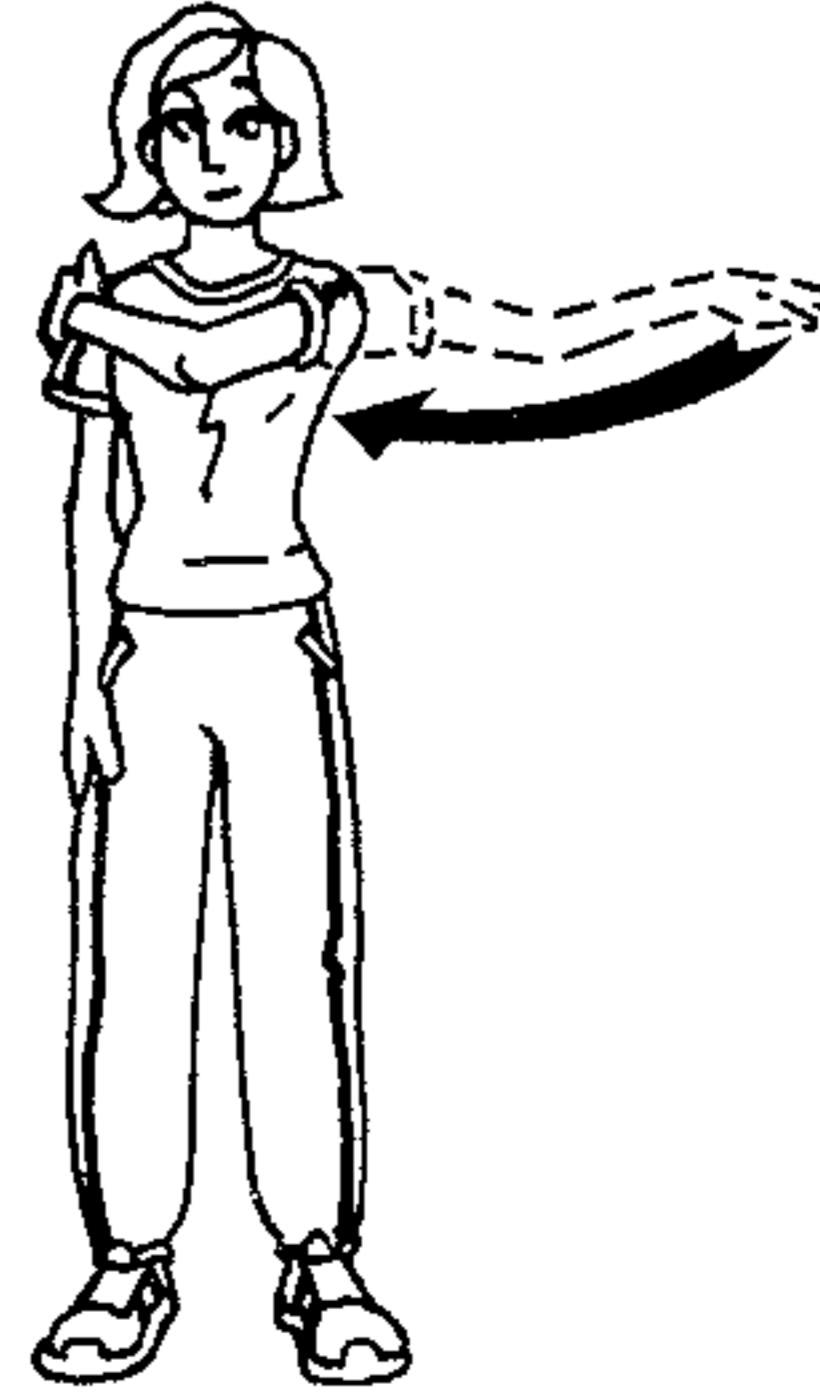
### ARM



FOREARM STRETCH



UPPER ARM STRETCH



PRAYING