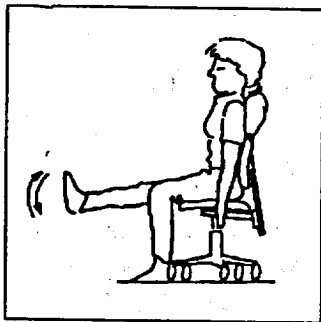




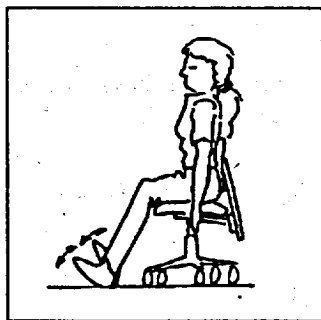
### **Leg Lift**

Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold, return it to the floor and repeat with the other leg.



### **Ankle Flex and Stretch**

Hold one foot off the floor, leg straight. Alternatively flex ankle (pointing toes up) and extend (pointing toes toward the floor). Repeat with the other leg.



### **Toe-in, Toe-out**

Place feet shoulder-width apart, heels on the floor. Swing toes in, then out.



### **Relax**

Sit comfortably, hands crossed in your lap. Breathe slowly and deeply.