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FRUITY VEGGIE STRETCH

<p>Fruits and Veggies Neck Side-to-Side</p> 	<p>Orange You Going to Look Downward</p> 	<p>Peachy Looking Side-to-Side</p> 	<p>Raspberry Shoulder Rolls</p> 	<p>Lemon Shoulder Shrugs</p> 	<p>Reaching Apple Shoulder Pulls</p> 	<p>Overhead Reach Beets</p> 	<p>Plum Arm Rolls</p> 
<p>Blueberry Wrist Rolls</p> 	<p>Pineapple Wrist Press</p> 	<p>Baked Potato Wrist Extensions</p> 	<p>Super Zucchini Torso Stretch</p> 	<p>The Strawberry Twist</p> 	<p>Eggplant Hips Side-to-Side</p> 	<p>Fruit Smoothie Circling of Hips</p> 	<p>Peeling Banana Side Bend</p> 
<p>The Carrot Bend</p> 	<p>Tomato Ankle Rolls</p> 	<p>Tip Toes Grapefruit</p> 	<p>Cauliflower Thigh Stretch</p> 	<p>Calf Spinach Pull</p> 	<p>Green Beans Hamstring Pull</p> 	<p>Bean Sprout Inner Things</p> 	<p>Broccoli Tree Breathing</p> 

Fruit and Veggie <u>Vegetable</u> Stretch	Stretch Instructions
Fruits and Veggies Neck Side-to-Side	Tilt your neck to the right holding for 10 seconds. Repeat holding it to the left.
Orange You Going to Look Downward	Look downward holding for 10 seconds in downward position.
Peachy Looking Side-to-Side	Look to the right and hold for 10 seconds. Repeat and hold looking to the left.
Raspberry Shoulder Rolls	Roll shoulders forward for 10 seconds. Repeat rolling shoulders backwards.
Lemon Shoulder Shrugs	Lift shoulders up towards ears. Hold for 1-2 seconds and roll shoulders backwards. Repeat 8 – 10 times.
Reaching Apple Shoulder Pulls	Put your arm on your chest. Grab your forearm with the opposite arm. Pull your arm until you feel your shoulder being stretched. Push the arm you are stretching the opposite way in order to contract the muscle if you feel that your chest is stretching instead of your shoulder. Hold for 10 seconds on each side.
Overhead Reach Beets	Standing straight, gently lift and extend arms straight over head, as comfort and range of motion will allow. Hold for 10 seconds on each side.
Plum Arm Rolls	Circle arms forward for 10 seconds. Repeat circling arms backwards.
Blueberry Wrist Rolls	Roll wrists inward for 10 seconds. Repeat rolling wrists outward.

Pineapple Wrist Press	Place hands in a praying position and provide pressure towards wrist. Proceed in a downward and upward position of the wrists. Repeat 8 -10 times.
Baked Potato Wrist Extensions	Interlace fingers. Straighten arms out in front of you. Hold stretch for 10 seconds. Repeat 2-3 times.
Super Zucchini Torso Stretch	Lace fingers together. Stretch hands up towards the ceiling. Take a deep breath as you stretch upward. Exhale when relaxing and returning arms to your sides. Repeat 8 – 10 times.
The Strawberry Twist	Extend arms straight out to the side. Twist from side to side gently as far as you can. Keep trunk placed in the front. Legs should be shoulder width apart. Repeat 8 – 10 times.
Eggplant Hips Side-to-Side	Shift hips from side to side. Keep trunk in front. Repeat 8 – 10 times.
Fruit Smoothie Circling of Hips	Circle hips to the right for 5 seconds. Repeat circling hips to the left. Repeat twice.
Peeling Banana Side Bend	Breathing in, draw your arms upward, in a wide circle, stretching them overhead. Keeping your arms still well stretched, bend your body directly to the right side and hold for 10 seconds. Repeat on the left side.
The Carrot Bend	Knees are slightly bent. Reach as far as you can by touching your toes with your fingertips. Hold for 10 seconds.
Tomato Ankle Rolls	Roll each ankle for 10 seconds inward and outward.
Tip Toes Grapefruit	Extend up on toes. Hold for 2 seconds. Then place feet flat on the ground. Repeat 8 – 10 times.

Cauliflower Thigh Stretch	Slightly bend one left. Straighten out the opposite leg. Place interlaced fingers on the thigh of the leg that is slightly bent. Hold for 10 seconds on each side.
Calf Spinach Pull	Bend one leg with knee in front of you. Keep the knee bent in line with ankle. Hold with arm in front of you with your hands laced together. Hold for 10 seconds on each side.
Green Beans Hamstring Pull	Take one leg and hold the leg behind you with the same side arm. Try to pull up to buttocks. Hold for 10 seconds on each side. Use a chair if necessary to provide balance.
Bean Sprout Inner Thighs	Standing should width apart, move side to side with knee slightly bend. Hold for 2 seconds on each side. Repeat 8 – 10 times.
Broccoli Tree Breathing	Keep back straight and breathe in slowly holding for 5 second and exhaling slowly.