



TOUCHDOWN STRETCH

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Stretch both arms straight above your head
- Lean to one side and hold the stretch for 3 seconds
- Return arms to center
- Lean to the other side and hold the stretch for 3 seconds
- Return arms to center
- Breathe slowly in through your nose and out through your mouth as you repeat the stretch

Modifications

- Sit comfortably in a chair, on the floor, or stand
- Perform a side stretch without raising arms above your head
- Hold the stretch for longer than 3 seconds



VIRGINIA
Chief Movement Officer

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