



CALF RAISES

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Find a comfortable position with feet shoulder width apart
- Slowly raise heels off the ground, balancing on your toes
- Slowly inhale when raising your heels
- Slowly exhale when bringing your heels back to the ground
- Find a consistent pace going up and down

Modifications

- Sit comfortably in a chair or stand
- If seated, lift heels and squeeze leg muscles
- Hold the raise for shorter or longer length of time
- Place one hand on a desk or wall for balance



VIRGINIA
Chief Movement Officer


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