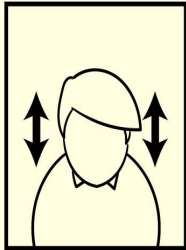
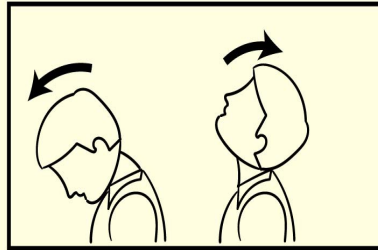


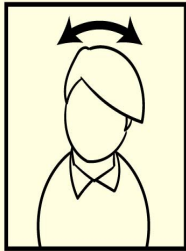
EXERCISE WITH CHAIR



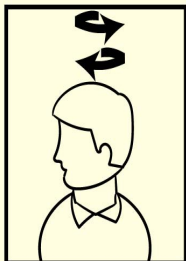
SHOULDERS
3-5 SECONDS/3 TIMES



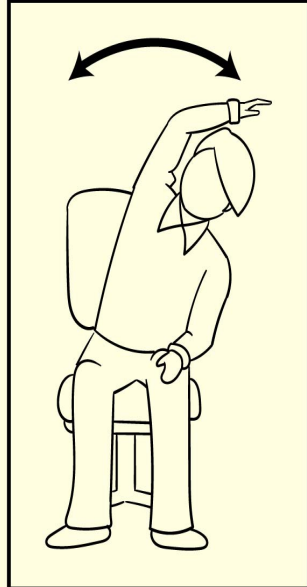
HEAD UP AND DOWN
5-10 SECONDS/3 TIMES



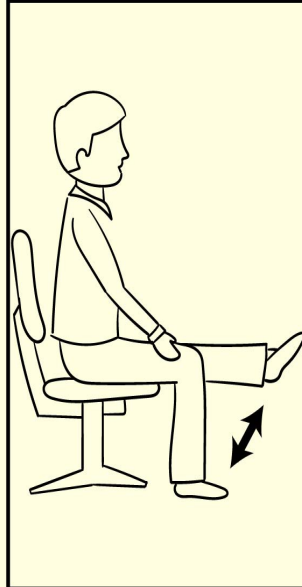
NECK
5-10 SECONDS/5 TIMES



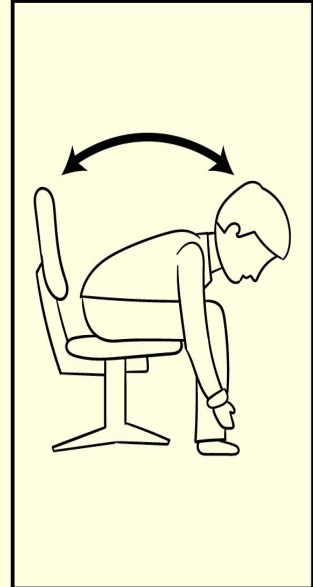
TURN HEAD
5-10 SECONDS/3 TIMES



BEND



UP-DOWN LEGS



BEND FORWARD