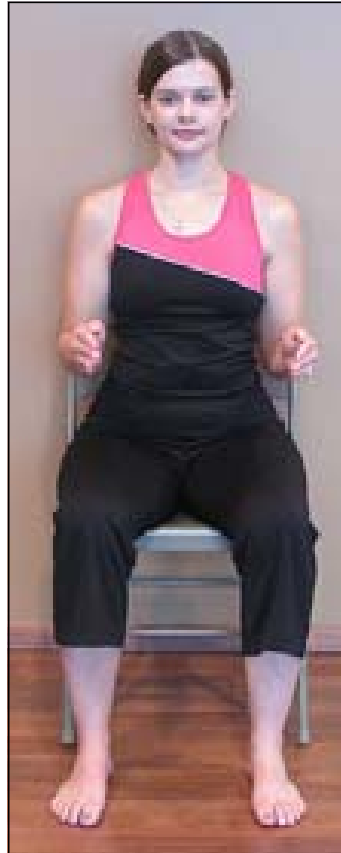


Fish Story

A. Sitting or standing, bend both elbows to 90 degrees and keep elbows at your side, palms facing one another.



B. On inhale, spread hands apart as the “fish grows”, but elbows tucked and chest opening as shoulder blades move toward one another.

C. Exhale hands back to start position.

D. Repeat for _____ minutes _____ times per day.