

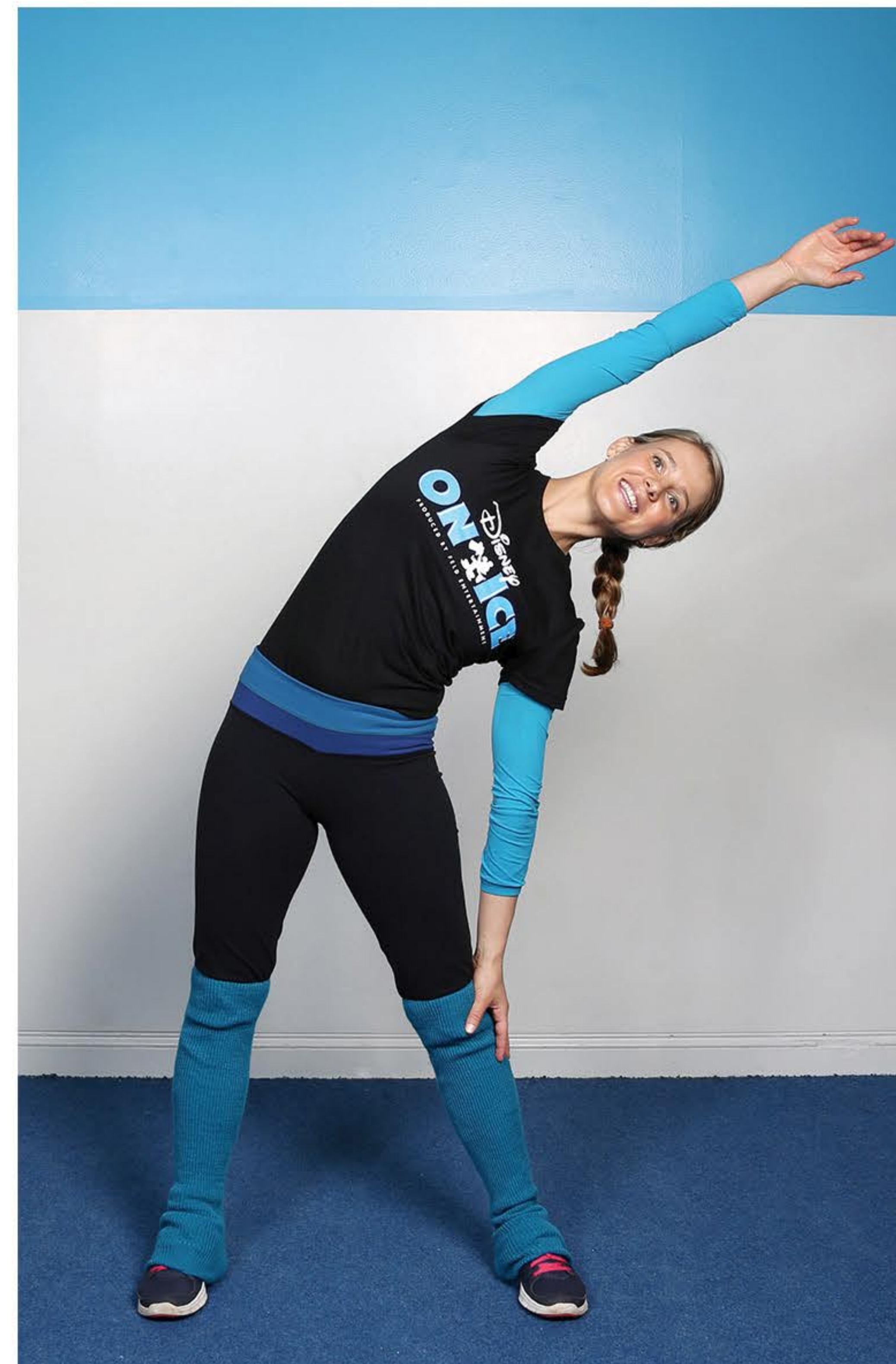


SIDE STRETCH

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes
- Optional: Yoga mat or towel

Directions

- Before beginning, make sure you have room to stretch out.
- Now, stand with your feet double shoulder-width apart, with your hips level.
- Raise your arms so they are stretched out on either side parallel to the ground.
- Do not lift your shoulders, keep them level.
- Now, slowly bend your body to your right. It may help to slide your right hand down your side to your knee to help with balance. Hold for 15 seconds.
- Slowly bring your body back to your original position with your arms outstretched and then...
- Slowly bend your body to the left until your left hand reaches to your knee. Hold for 15 seconds and slowly return to your original position.



When TRYing stretches, the most important thing to remember is to pay attention to and respect your body. Stretching should never feel painful. If a stretch feels painful, that's a sign that you have taken it too far, and need to back off. When done correctly, stretches can be a fantastic way to release stress year-round. Which stretches will you TRY next?

Always get your parents' help or permission before attempting this move.
(You never know, they may want to join you!)



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