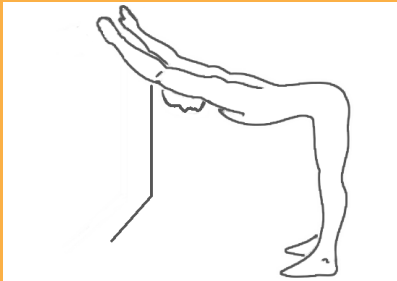


SALLY'S TOP SIX STRETCHES* FOR GAMERS

*These are advisory stretches only, please be aware you carry them out at your own risk.

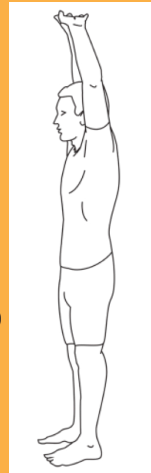
BACK AND HAMSTRING STRETCH



Place your hands on a wall, gently walk your hands down the wall keeping your legs straight. Hold for 30-45 seconds.

SHOULDER, BACK AND WAIST STRETCH

Join your hands above your head, stretch up to lengthen through your back and shoulders, then gently flex left and right. Hold for 30 to 45 seconds.

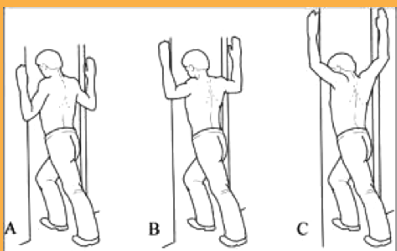


CHEST STRETCH 1



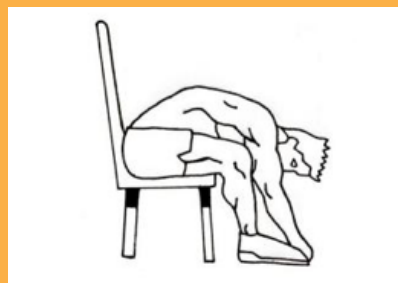
Join your hands behind your back and gently lift your hands gently up as far as you can. Hold for 30-45 seconds.

CHEST STRETCH 2



Using a doorway, place hands and lower arms on door frame, step forward just in front of your arms for a chest stretch. Repeat again lifting your arms a little and then a third time a bit more. Hold each time for 30 seconds.

LOWER BACK CHAIR STRETCH



Gently fold forwards from the waist stretching towards your toes. Hold for 30-45 seconds.

NECK STRETCH



Using the hand you are tilting towards, encourage your ear to tilt towards your shoulder. Hold for 30 seconds then repeat on the other side.