**Get Ready**
Stand tall beside a sturdy chair. Shoulders over hips, abdominals in & up, shoulder blades back and down, and ribs lifted

**The Moves**
- Inhale, reach up
- Exhale, arch over, a bit
- Keep reaching up
- Exhale and hold stretch

**Add this**
If comfortable . . . bend elbow over head

**Be Safe**
Use a sturdy chair or hand railing for balance support.
Leaning over may make you dizzy.
Stop or adapt the activity if uncomfortable

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Available in Able Bodies Balance Training, page 86