

Exercises in Patience

Waiting in line at a store?



BRACEBRIDGE
The Heart of Muskoka

**Take advantage of the time and space and loosen up your joints.
Remember if you have a cart it is on wheels so it will move**

Arm Raises

Raise your arms out to the sides, extending them out at shoulder height, then lower arms to your sides again. If it feels good, bring your arms all the way up over your head and tap fingertips before lowering arms again

Arm Sweeps

With loose arms, clap fingertips/hands together in front of you then sweep arms behind to maybe tap fingers. Sweep arms from front to back, tapping fingers if you can reach

Shoulder Rolls

Circle or shrug your shoulders up towards your ears from the front, then circle them back and down your spine

Wrist Rolls or Figure Eights

Roll your wrists or draw figure eights with your hands, alternating palms up/down as you draw make small or large shapes, low by your hips or wide out to the sides, get groovy

Side to Side Step

With legs 2 - 3 ft apart, step or slide one foot close to the other stationary foot and back, alternate with the other foot until you are flowing back and forth, sway your arms or upper body too if you like

Ankle Rolls

With hands resting on cart bar, raise one foot a bit off the ground and circle your ankle joint a few times in each direction. Switch feet.

Heel Raises

With hands resting on cart bar, raise both heels and feel your calves working. Keeping your toes on the ground, pedal by alternately raising one heel/bending knee joint a bit, then lowering it as you raise the other heel

Drawing Rainbows

With one or both hands on cart bar, standing up straight, put your weight in one leg that will stay fixed. Maintaining contact with the floor the whole time, use the sole of your shoed foot to draw some arches on the floor about the fixed foot. Any size that is comfortable.

Bicep Curls

Use one of your canned products in one hand and curl the can towards your shoulder, then return arm to straight. Try some reps palms up, some palms down