

BODY RESET FOR TEENS:

Not a Workout, Just a Release

- CHOOSE **ONE** BODY-BASED RESET TO FEEL SAFE & DOABLE



NECK, SHOULDER & ARM STRETCH (2 MINS)



5-10 MINUTE WALK (INSIDE OR OUT)



SHAKE OUT HANDS, ARMS, LEGS



TENSE & RELAX MUSCLE GROUPS

AT SCHOOL? TRY THESE SMALL, QUIET MOVES



ROLL SHOULDERS



STRETCH HANDS UNDER DESK



PRESS FEET & BREATHE SLOWLY

The goal is giving an activated body a signal it's allowed to slow down.

