

# FIT FOR FIFTY

## After Sport Routine

### Shoulder Stand

Perform Once. Hold for 1- 3 minutes



### Neck Movements

Perform each of the movements twice. Hold each position for a count of 10.



### Cobra

Perform 3 times.

Hold each raise for a count of 15.



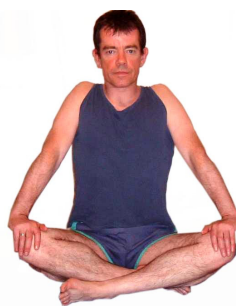
### Back Stretch

Perform twice. Hold each stretch for a count of 20.



### Complete Breath Seated

Perform 5 times. Retain each breath for a count of 5.



**The information contained in this site is made available for general information. In no way is this information intended to be medically accurate. Information within this site is not meant to be a substitute for professional advice from qualified health care providers. No representations or warranties about the accuracy or completeness of the information in this site is made. No endorsement, promotion, or sponsorship is made by any hypertext link provided within this site. Visitors assume all risks of using information in this site.**