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De-stressing

Pick a colour that you do not see often. Perform this exercise whenever you see that colour.

Step 1: On your breath in, keeping in mind that your belly goes out (as with Diaphragmatic breathing), shrug your shoulders as high as they go (with force), and hold.

Step 2: While holding your breath, pinch your shoulder blades together.

Step 3: As you breathe out, punch your fists down to floor forcefully.

Step 4: Relax.

Therapy Guidelines provided by Above & Beyond Massage Therapy Clinic.

Not responsible for any injuries that may occur from home care.