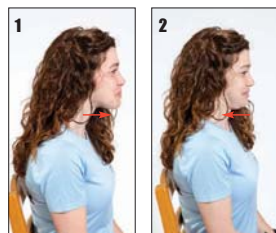


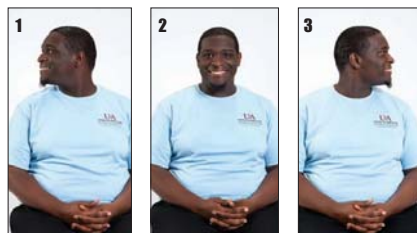
DESKERCISE:

Small Joints are a Big Deal

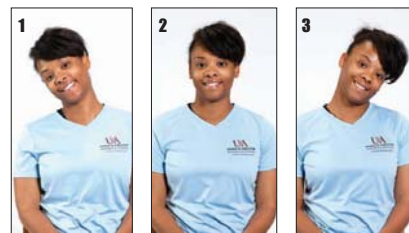
Chin Tucks



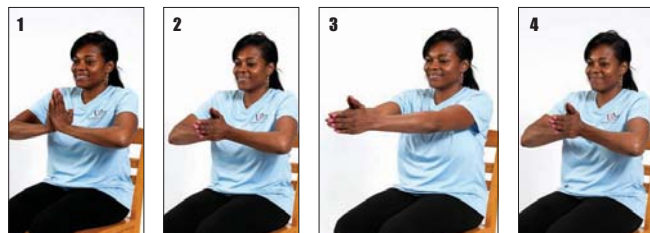
Head Turns



Head Tilts



Wrist Stretch



Cat's Claws



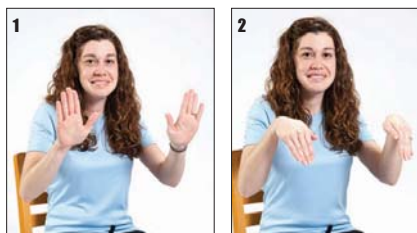
Finger O's



Rev. Prayer Hands



Wrist Bend



Toe Raises



Ankle Circles



Toe Lifts



Toe Curls



ExtensionGetFit

U of A DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

Pursuant to 7 CFR § 153, the University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services (including employment) without regard to race, color, sex, national origin, religion, age, disability, marital or veteran status, genetic information, sexual preference, pregnancy or any other legally protected status, and is an equal opportunity institution.

MP523-PD-5-2014N