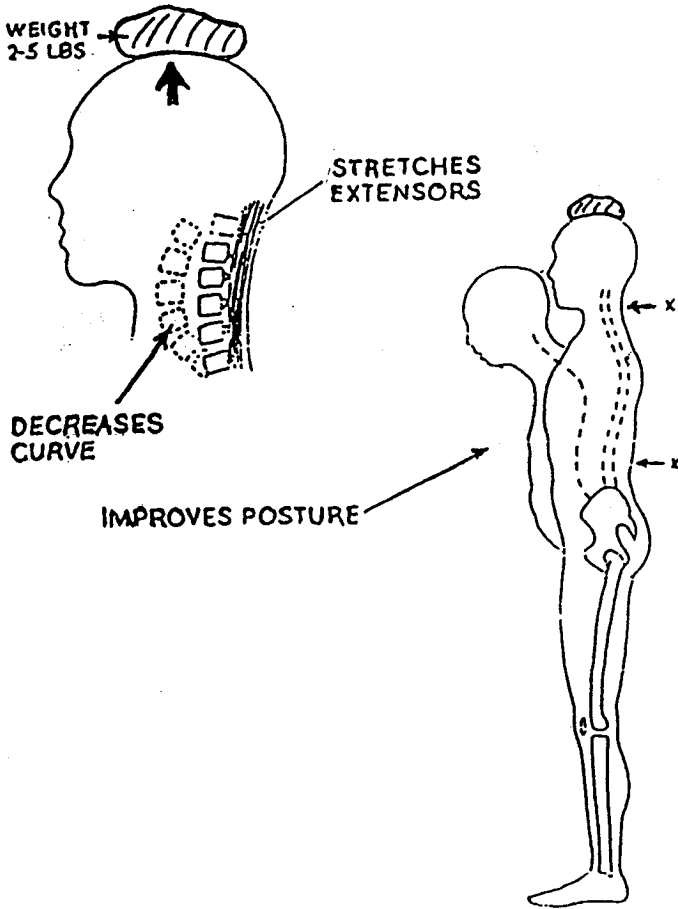
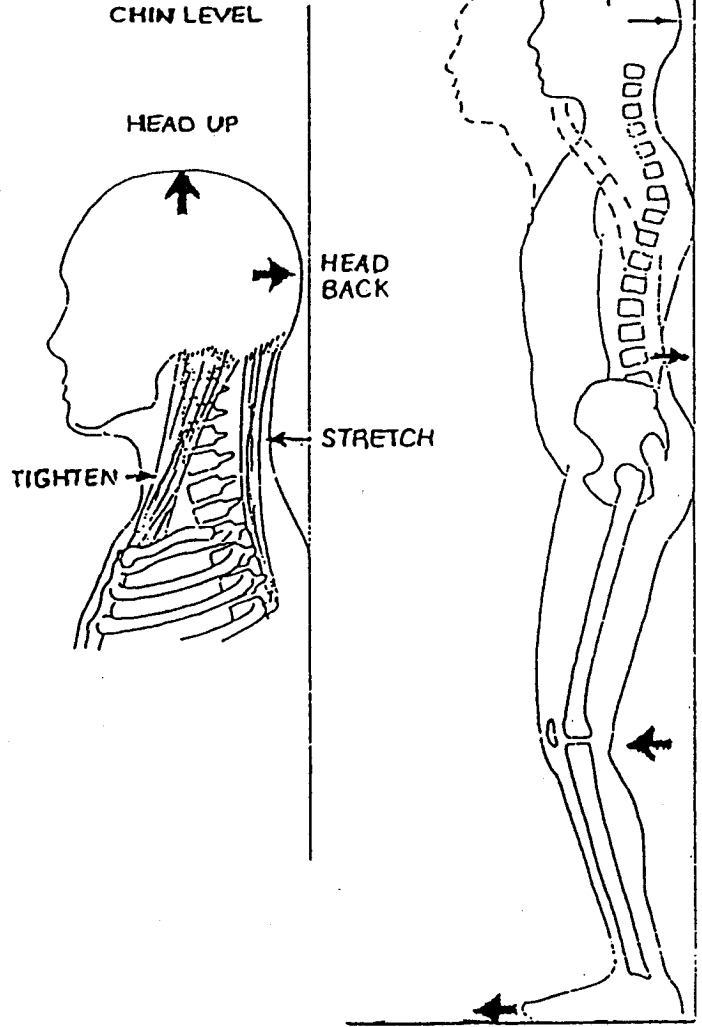


STANDING TALL

1. Stand next to a wall with your feet a few inches from it.
2. Flex your knees.
3. Drive your low back against the wall until you feel it touching.
4. With your chin level, pull your head back as far as possible.
5. Repeat five (5) times.



LIFTING

1. Place a weight of two to five pounds on the top of your head. (A bag of sugar or flour will do).
2. Sit or stand erect with your neck in good alignment and your chin tucked in.
3. Try to elongate your neck by pushing your head up into the weight, aiming it at the ceiling.
4. Do five (5) repetitions.