**Neck Stretch**

**Equipment**: None

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Slowly bring your right ear to your right shoulder and hold. Repeat on the left.
2. Slowly bring your chin to your chest, then look up toward the ceiling.