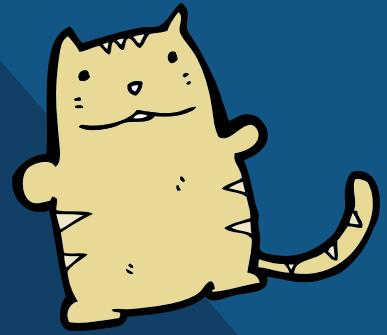


# STRETCH GASTROCNEMIUS & TEST YOUR BALANCE



*Goal: We hope your stretching is going well. So far we've stretched out neck, shoulders, back, hips and legs. Today we focus on our calves and test our balance. Try the balance exercise every morning this week.*

## Calf stretch



**15. Gastrocnemius:** Keep leg straight while leaning hips forward.



**16. Soleus and Achilles Tendon:**  
Bend knee and push latter down and forward.

## Balance

*Stand in bare feet on one leg and try to balance with eyes closed for 30 seconds on each foot.*

*With eyes closed reach slowly up on to toes attempting to "touch the sky".*

*Keep stomach tight and back flat.*