

## HEALTHY BACK AND SPINE

- 1) Sit on the edge of the chair
- 2) Keep your feet apart as wide as your waist is
- 3) The upper body rests on the thighs
- 4) Stretch the arms on the outer part of the legs
- 5) Bow the upper body and touch the chest with your chin, all while exhaling
- 6) Inhale and revert back to the initial position

