

Mermaid Stretch



- Sitting on the floor, sit tall with your knees bent to the right and heels close to your bottom
- With your left hand, hold your left ankle for support as your right hand extends overhead
- Inhale, then exhale and reach up and over to the left side
- Exhale to return to an upright position
- Repeat one more time on your right side before moving to the left. You will feel a stretch in the sides of your waist, hip, and lower back
- Repeat twice while sitting on your left hip

- Hold this position for 30 seconds. If you want more of a stretch, rest for 30 seconds before you stretch again

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
