



PREVENTATIVE HEALTHCARE PROGRAM LIST

MORNING

1. Hips
2. Lower back
3. Grounding
4. Upper neck
5. Lower neck
6. Chest
7. Shoulders

WORK

1. Neck side bending
2. Neck balance & spinal side bending
3. Spinal flexion & extension
4. Spinal rotation
5. Open chest & reversing slumping posture
6. Shoulders & chest
7. Arms & chest



AFTERNOON

- 1. Cat, Cow and Half-moon**
- 2. Pelvic clock**
- 3. Knees rolling with hand over hand**
- 4. Knees rolling with head**
- 5. Pushing heel to hand**
- 6. Body scan**
- 7. Relaxation**
- 8. Contemplation intro**
- 9. Centering around the edges**

EXTRAS

- 1. Getting out of a chair**
- 2. Jaw release**
- 3. Nature Soundscapes**