



USLOOBI

— WALK —



LOOBI QUICK TIP #01

“

**Let's stretch
together.**
It only takes **5 minutes.**



HOW TO DO IT

- 1 Stand tall.
- 2 Open your arms wide.
- 3 Take a deep breath and smile!



Do this slowly
and comfortably.

BENEFITS



Improves
flexibility



Reduces
stiffness



Boosts your
energy

5 MINUTES
STRETCHING

Presented by **USLOOBI**



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LOOBI QUICK TIP #02

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Gently tilt your head.
Hold for 10 seconds.



TIP

Keep your shoulders relaxed and breathe normally.



HOW TO DO IT

1

Sit or stand tall.



2

Gently tilt your head to one side.



3

Hold for 10 seconds.



Switch sides and repeat.



5 MINUTES

STRETCHING

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LOOBI QUICK TIP #03

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Relax your **shoulders**.

Hold for **10 seconds**.



TIP



Keep your back straight and breathe normally.



HOW TO DO IT

- 1 Bring one arm across your chest.



- 2 Use your other arm to hold it gently.



- 3 Relax your shoulders and hold for 10 seconds.



Switch arms and repeat.

BENEFITS



Relieves shoulder tension



Improves posture



Helps you feel more relaxed



5 MINUTES

STRETCHING

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LOOBI QUICK TIP #04

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Stretch your **legs slowly**.
No need to **rush**.



TIP



Use a wall or chair for balance if you need to.



BENEFITS



Improves leg flexibility



Helps prevent muscle tightness



Supports better movement and balance

HOW TO DO IT

1

Stand tall and hold a chair or wall.



2

Bend one knee and bring your foot up behind you.



3

Hold your ankle gently.



4

Keep your knees close together.



5

Hold for 10 seconds.



Switch legs and repeat.



5 MINUTES

STRETCHING

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LOOBI QUICK TIP #05

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Great job!
Your body thanks you.



COURSE COMPLETE!

You completed:

5 MINUTES STRETCHING



You took time for your body.



You stretched with care.



You showed up for yourself.

Keep it up every day!



WHAT'S NEXT?



You're ready for your next step!

Next Course:

**HOW TO BUILD
A WALKING HABIT**



 **5 MINUTES**
STRETCHING

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