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## ***Don't stress out!***

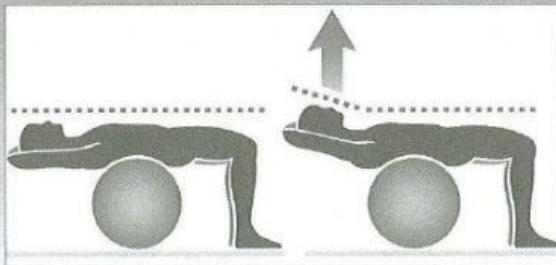
Read the text. Write the instructions from the box in the correct places.

Move your arms to the right.  
Raise your body.

Sit carefully on the ball.  
Then lower your head and arms.

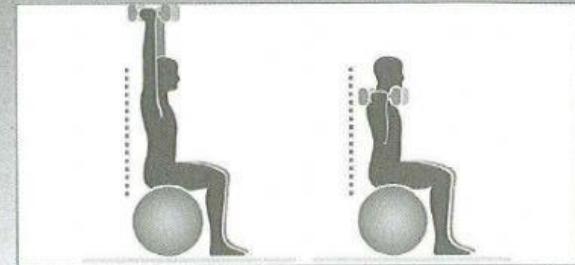
### The New **HealthyYou** Exercise Ball

Repeat these exercises 20 times for each activity.



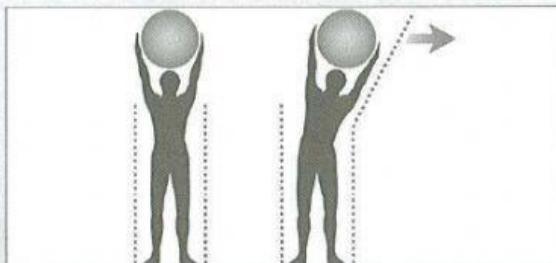
#### **THE SIT UP**

1. Put your back carefully on the ball. Place your feet on the floor.
2. Put your hands behind your head.
3. Raise your head and arms slowly. Hold your stomach in.
4. \_\_\_\_\_



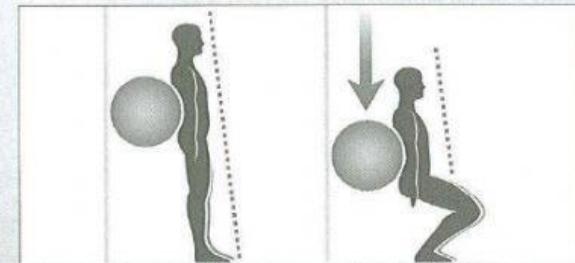
#### **THE WEIGHT LIFT**

1. \_\_\_\_\_  
Place your feet on the floor.
2. Hold a weight in each hand.
3. Lift the weights over your head. Keep your back straight.
4. Lower the weights to your shoulders.



#### **THE REACH**

1. Stand up and hold the ball. Stretch your arms and raise the ball over your head.
2. Move your arms to the left. Keep your legs straight. Don't move your feet.
3. \_\_\_\_\_



#### **THE SQUAT**

1. Place the ball against the wall. Put your back against the wall.
2. Lower your body, bending your knees. Keep your back straight.
3. \_\_\_\_\_