Wellness Practice

Moving Our Bodies
Simply moving our bodies can have major effects on our physical and mental health. Here are some simple ways to stay active and feel good!
HAND STRETCHES

PLACE YOUR HANDS IN A PRAYER POSITION AND KEEP YOUR ELBOWS UP AND EVEN.
HAND STRETCHES

1. Point your hands up and hold.

2. Point your hands outward and hold.

3. Point your hands inward and hold.
1. Stick out both arms, palms facing up. Squeeze your hands in a fist, hold, and release.

2. Try this with your palms facing down. Squeeze your hands in a fist, hold, and release.
DANCE

TURN SOME MUSIC ON AND JUST GROOVE!
DANCE TO THIS!

*TRUTH 2020 PLAYLIST*

CLICK HERE!
DANCE TO THIS!
*RESISTANCE PLAYLIST*

CLICK HERE!