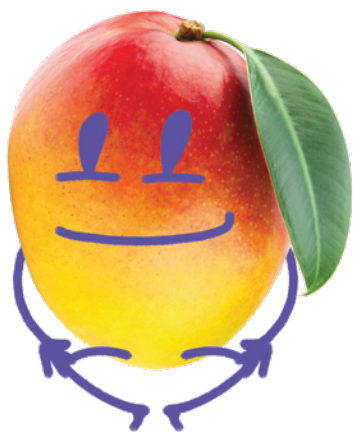




Super Stretcher Challenge

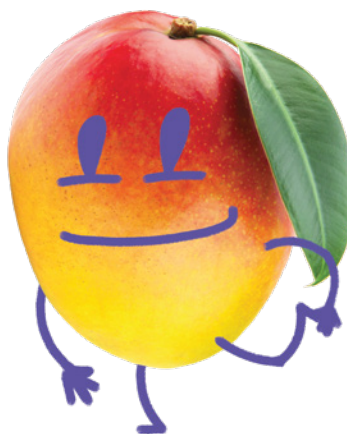
Hey there! When you stretch, how low can you go? Let's learn some great stretches with your pal, Maggie Mango. Maggie stretches every morning and evening to stay limber and wants you to join in on the fun! If you complete the challenge, you'll earn the Super Stretcher badge. Let's get started!

MORNING ROUTINE



Butterfly Stretch

Sit on the floor and bring your feet together in front of you. Bend your knees while keeping your feet together and on the floor, your knees should lift off the floor. Slowly and gently wiggle your knees up and down like butterfly wings.



Quadricep Stretch

Stand up tall with your feet shoulder-width apart. Bend your knees a little and raise your right foot towards your right behind you. Gently pull the heel of your foot as close as you can get it to your body while staying balanced. Try to hold the stretch for 10 - 15 seconds, then switch to the other side. This will stretch the big muscle on the front of your leg which is great for people who love to run!



Calf Stretch

Stand facing a wall and put your hands flat on it to help you stay balanced while you step your right foot back behind you. Your left foot should stay grounded where it started. Hold this stretch for 20 - 30 seconds and don't forget to switch sides!



Cross-body Toe Touches

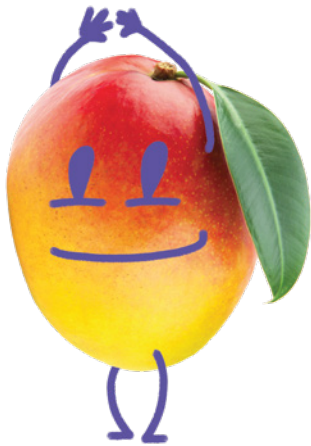
Stand up tall and keep your arms out by your sides to help you balance. Step your right foot across your left foot and move your arms in front of you before you slowly and gently bend forward. If you can stretch all the way to the floor, you can put your hands on the floor in front of you. Hold the stretch for 20 - 30 seconds, then do the same stretch with the other leg.

Continued on next page



Super Stretcher Challenge

EVENING ROUTINE



Full Body Stretch

Stand with your feet shoulder-width apart on the floor. Clasp your hands together and reach your hands up in the air way over your head. How tall can you stretch? Can you go up on your tippy toes and stay balanced?



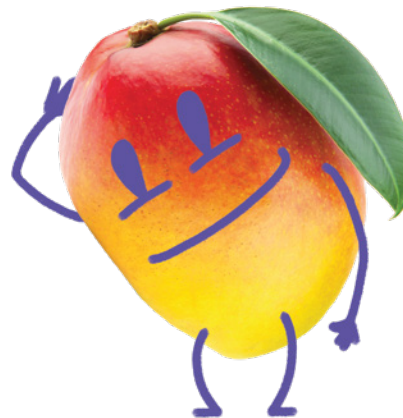
Shoulder Stretches

Standing up straight, hold your shoulders in a natural, balanced position. Take your right arm and hug it across your body. Deepen the stretch by folding your left arm up and over your right arm and hold for 20 - 30 seconds. Then do the same stretch on your left side.



Triceps Stretch

Stand up and lift your right arm in the air over your head. Keep your palm facing the direction of your body. Reach the arm in the air behind you until you reach the middle of your upper back, or until you can't reach any further. Take your left arm and place it on your right elbow. Push your elbow toward the floor to increase the stretch, but be sure to move gently and listen to your body. Hold the stretch for 20 - 30 seconds and switch to the other side.



Neck Stretches

These stretches are especially important because they relieve tension that can build up in our neck while we work on tablets, work on arts and crafts projects, and more daily activities. Start by remembering to be gentle with yourself and move slowly! Then stand up nice and tall. Take your right arm and place your hand on top of your head. Guide your head toward your right shoulder and hold it there for 20 - 30 seconds. Make sure to keep your shoulders even while you stretch, looking in a mirror can help if you're not sure! And don't forget to switch sides.

Great work, pal – you completed the challenge! Click the “I Rocked That!” button in your personal Badge Bank to receive your Super Stretcher badge.