



LEE-ANNE WANN.COM

- Sustainable Change Health Practitioner
- Motivational & Inspirational Speaker
- TV Presenter
- Author of 3 Health & Fitness Books
- Fitness Specialist & CHEK Coach

Empowering, inspiring and educating companies, organisations, communities and individuals towards better health, fitness & vitality.

Dealing with stress is becoming an everyday part of modern living, with its information overload, long commutes and deadlines, let alone finding time for family and yourself. It's no wonder most people cringe at the thought of trying to squeeze exercise into their busy schedules. Yet there are simple movements that you can do that actually increase your energy and vitality take only minutes a day and don't require a trip to the gym.

Building energy and vitality in your body is a lot like investing. Just as it takes money to make money, *it takes energy to make energy.*

Zone 5: Thoracic Mobilizations

Helps to enhance communication and reduce lower neck, shoulder & arm tension



Perform

Sets: 1-2 Rest: 1-2 mins Reps: 10 Tempo: slow

Instructions

1. Hold your arms out to your side, stay relaxed.
2. Turn your right arm up and left arm down.
3. As you look left, slightly contract the right arm as you turn the palm up and inhale at the same time. When you naturally want to exhale, turn your head to the other side and reverse the arm positions, repeating to the opposite side.



Zone exercises are developed by Paul Chek of the C.H.E.K Institute. The C.H.E.K Institute is known worldwide for excellence in education and innovation in the integrated fields of corrective exercise, high-performance conditioning and lifestyle and stress management.

Lee-Anne is a certified C.H.E.K Exercise Coach. For more information, please visit www.chekinstitute.com