



HEALTHY ROUTINES EDUCATIONAL SERIES

Cat-Cow*

- *Begin down on all fours, with your palms underneath the shoulders and your knees underneath the hips.*
- *Take a deep breath in and begin to enter the 'Cat' position. This is where you arch your spine as high as you can by bringing your belly button towards the spine. You should resemble a cat arching its back. Hold the Cat position for 3 - 5 seconds.*
- *Exhale and enter the 'Cow' position. Allow your belly button to move towards the floor and let your head fall forward. You should resemble the hanging belly of a cow. Hold the Cow position for 3-5 seconds.*
- *Continue to alternate between the Cat and Cow positions slowly, while focusing on your breathing for a total of 10-15 repetitions.*

Benefits:

- *Increases motion and flexibility of the spine and supporting muscles*
- *Improve posture and balance*
- *Help you relax and ease some of the day's stress*



Scan for video tutorial



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

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