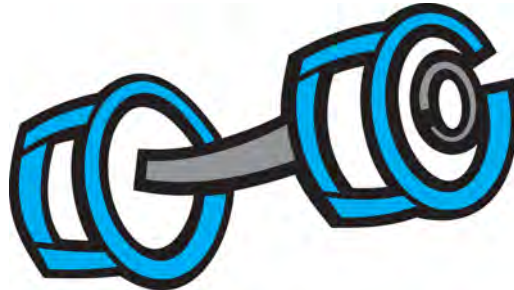


Bus Exercises



To ward off stiffness from hours-long bus rides, many groups may need more than just a break every two hours. Having those interested participate in bus exercise can be fun and beneficial. Read out each of these activities at the pace of the passengers doing the exercises.

Instructions:

- 1.) First we will stretch. Stretch out your toes and hold for five seconds and then repeat.
- 2.) Then stretch our your legs and hold for five seconds and repeat.
- 3.) After that, stretch your torso out by turning your upper body to the right and holding for 10 seconds. Then turn your upper body to the left and hold for 10 seconds.
- 4.) Stretch out each arm and hold for five seconds. Repeat.
- 5.) End the stretching with five neck rolls to the left and five neck rolls to the left. Repeat.
- 6.) Start easing tension by lifting the shoulders up towards the sky and holding for 10 seconds. Repeat.
- 7.) Squeeze the gluteal muscles and hold them for a count of 10. Repeat.
- 8.) Squeeze your thighs and legs together and hold them for a count of 10. Repeat.
- 9.) While sitting, lift heels and hold for 10 seconds. Repeat.
- 10.) Squeeze the abdominal muscles as if you are trying to touch your ribs to your stomach. Hold for five seconds with five repetitions.