



WYBOSTON LAKES
R E S O R T

Wellness Exercise: Breath Work



Close your eyes.

Inhale deeply for 4 seconds.

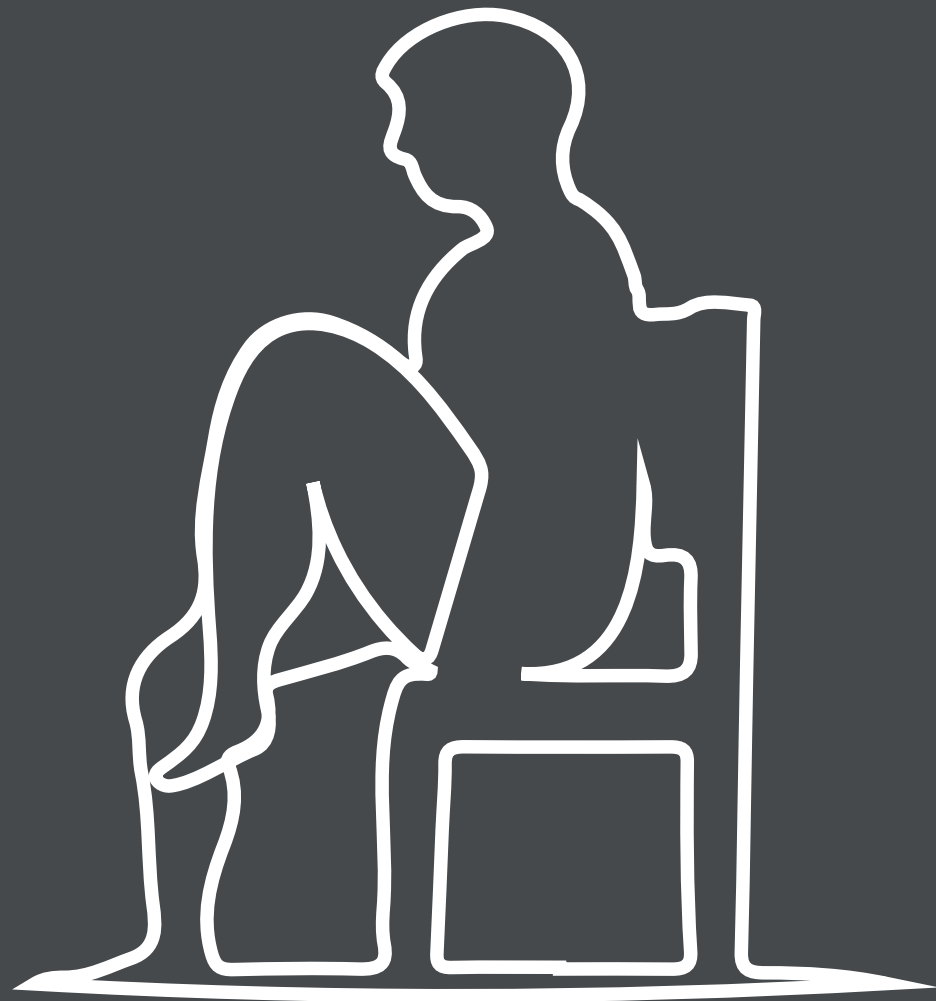
Hold for 4 seconds.

Exhale slowly for 6 seconds.

Repeat for 1-2 minutes.

This quick deep breathing exercise can help you relax, reduce stress, and promote a sense of calm.

Wellness Exercise: Leg Lift



Sit on a chair with your back straight.

Lift one leg and hold briefly, then lower it.

Repeat with the other leg.

Alternate for 1-2 minutes.

Seated leg lifts help strengthen leg muscles and can be done while sitting.



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Wellness Exercise: Hamstring Stretch



Sit at the edge of the chair.

Stretch out your right leg, making sure your heel is on the floor, your toes are pointing upward and your knee is straight.

To intensify the stretch, gently lean forward.

Hold for about 30 to 45 seconds.

Move your right leg back to match your left.

Repeat the exercise with the left leg.

Wellness Exercise: Hip Stretch



Lift your right leg and place your right ankle on top of your left knee.

To intensify the stretch, gently lean forward.

Hold for 30 to 45 seconds.

Return your right foot to the floor.

Repeat the exercise with the left leg.



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Wellness Exercise: Ankle Circles



Lift your right foot.

Move your ankle in a clockwise circle.

Go all the way around about 10 times.

Switch directions for 10 circles.

Put your right foot back on the floor.

Lift your left foot and repeat the exercise with the left ankle.