

# CHALLENGE 7: STRETCH IT OUT

## DO

Stand or sit in a comfortable place. Starting with your feet, and moving upwards through your body, have a gentle stretch of each part. You can do this while listening to some gentle music.

## THINK

How does it feel to have a good stretch?  
Do you enjoy moving your body?

## SHARE

your experience with someone else – it is easy to forget how great a simple stretch can feel. To enjoy more of a workout at home, take a look at the Age UK Oxfordshire YouTube channel, which hosts a range of online exercise videos that enable you to access them at a time that is convenient for you: [www.youtube.com/user/generationgamesuk/videos](https://www.youtube.com/user/generationgamesuk/videos)

