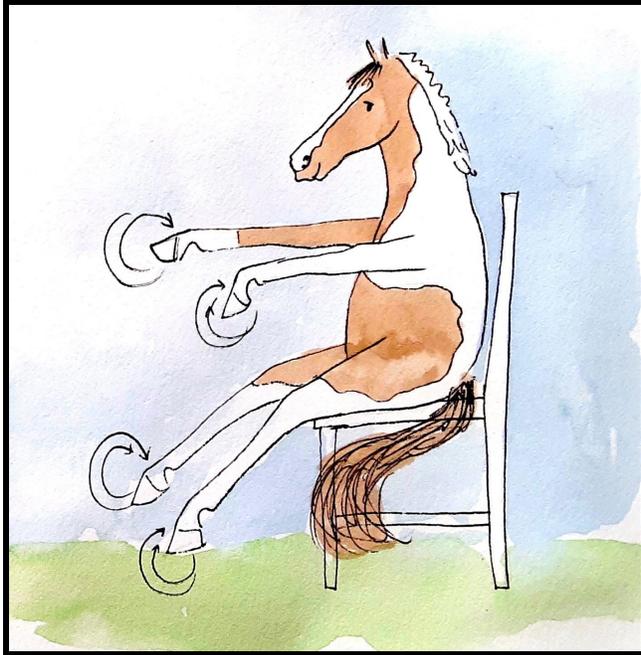


Chapter 5 Stretch Circle

These are Paddy and Myles's "Pre-fishing" stretches!



Paddy: Warm up your wrists and ankles to prepare for a long day holding a fishing rod! Start sitting down. Gently move your wrists and ankles in clockwise circles, then reverse directions. Wiggle your fingers and toes. (Paddy doesn't have fingers and toes!) Move your hands and feet in all directions, giving them a good wake-up and stretch!

Myles: Start standing up. Lift your right foot, so you are standing on one leg. Move your right foot towards your hip, and grab your right shin with your right hand. Gently pull your shin towards your hip, stretching your thigh. Repeat with the other leg. This is a good stretch to prepare your legs for sitting down in a canoe all day!

Stay tuned for more stretches from your horse friends next week!

