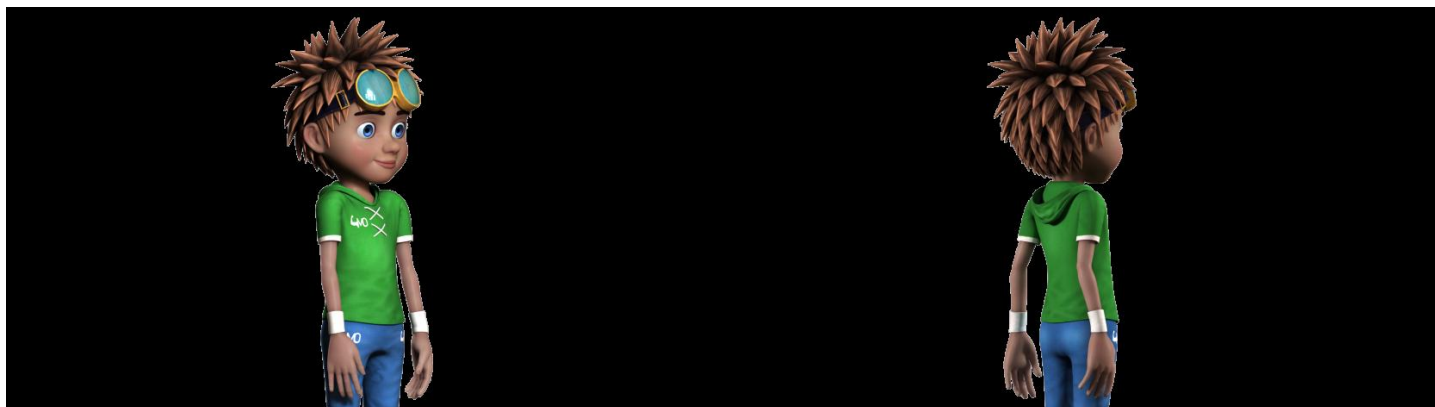
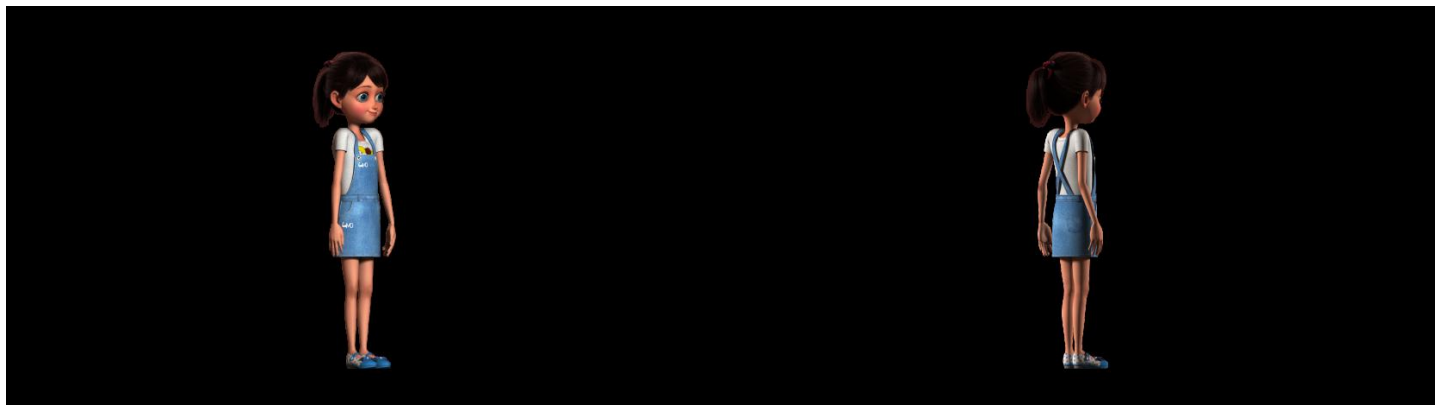


## The Doubt Exercise



*Do you often have your shoulders pulled up? Or your head hanging forward?*

Exercises can help make these muscles flexible again!

### How about this Doubt Exercise?

Go stand or sit up straight. **Make yourself tall!**

Bring your shoulder up, and to the front. **Hold this for 3 seconds.**

Then pull your shoulders down and to the back. **Also keep this for 3 seconds.**

**But watch out: Your head should not move forward!!**

Repeat this exercise 10x in total

**Did you liked the exercise or do you doubt it?**



Already done three exercises? Not yet? Then continue with the next exercise.

**Watch out:**

Exercising should be fun and it should make you move better. Does it hurt during the exercise or do you feel uncomfortable? Then tell this to your parents / caretakers and stop the exercise.

Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder