**Champions for Change – Physical Activity Tips English - Windmill**

*On-screen:* [Windmill – Physical Activity. Champions for Change.]

*Speaker: Narrator –* Let’s reach new heights with Windmill.

*On-screen:* [If at any time you have pain or shortness of breath, stop and consult a doctor.]

Windmill is a yoga pose that helps you stretch your muscles and improve flexibility so you can reach higher and bend farther.

Don't forget to focus on keeping a neutral spine every time you exercise. Check out our neutral spine video. Stand with your feet apart in a wide, comfortable position. Breathe in and raise your arms out to your sides at shoulder height. Your arms should be reaching out to create a strong, straight line across your body. Breathe out and slowly bend downwards from your waist to your right side.

*On-screen:* [Reach toward the sky.]

As your right hand reaches toward the sky, Place your left hand to your shin for balance.

*On-screen:* [Hold for 2 long breaths.]

Hold for two long breaths. Breathe in as your return to the start position. To complete one full repetition, switch sides and repeat.

*On-screen:* [8-12 reps = one set.]

Do eight to twelve repetitions for one set. Increase the number of sets as you get stronger.

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Physical Activity Tips English - Windmill Video.

Video duration: 1:02