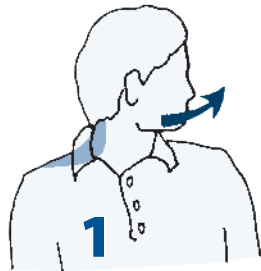


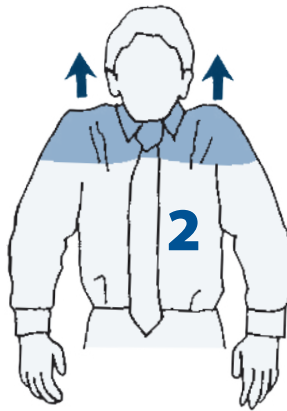
TRAVELER'S STRETCHES

APPROXIMATELY 2 MINUTES

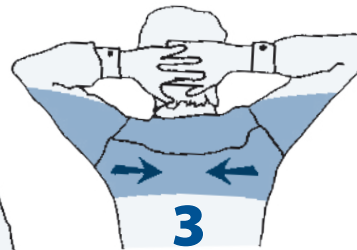
Stretch at various times throughout your journey to help your body feel less stiff and tight.



3–5 seconds
each side
(page 92)



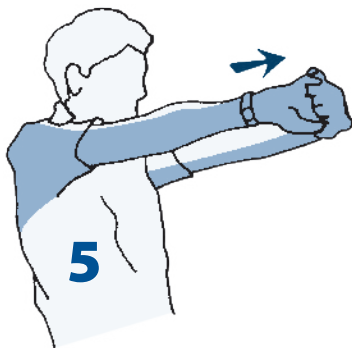
3–5 seconds
3 times
(page 46)



3–5 seconds
(page 91)



5 seconds
each side
(page 44)



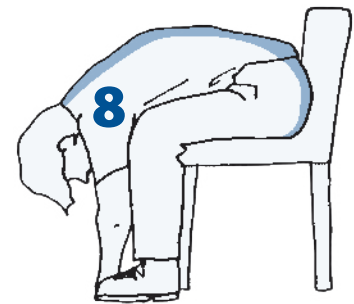
15 seconds
(page 90)



8–10 seconds
(page 90)



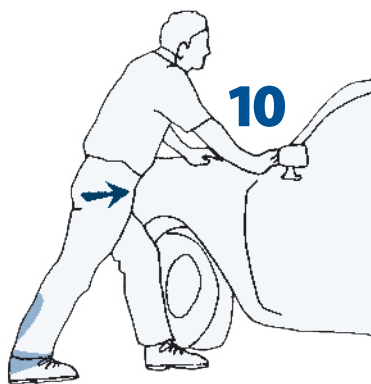
8–10 seconds
each side
(page 60)



5 seconds
(page 92)



10 seconds
(page 66)



10 seconds
each leg
(page 71)



8 seconds
each leg
(page 74)



10 seconds
each leg
(page 73)