

WALL PUSH

1. **Find a Wall:** Look for a flat wall where you can stand safely.
2. **Stand Up Straight:** Stand about an arm's length away from the wall, facing it.
3. **Place Your Hands:** Put your hands flat against the wall at shoulder height, like you're about to give it a big push.
4. **Take a Deep Breath:** Breathe in deeply through your nose and fill your belly with air.
5. **Push Against the Wall:** As you breathe out slowly through your mouth, push against the wall with your hands, like you're trying to move it.
6. **Feel the Tension:** While you push, notice the tightness in your arms and shoulders. Hold this push for about 5 seconds.
7. **Soften:** After 5 seconds, let your arms drop and take another full breath in. Feel your body soften as you breathe out.

Great job! You can repeat this exercise 3 to 5 times, taking deep breaths between each push. Remember to focus on how your body feels while pushing and when you relax. Keep your feet flat on the ground and your back straight as you push, and take your time to notice how centered and in control you can feel!

