



Shake Out Dance



1

Stand and stretch your hands above your head in a V position. Shake your right arm 8 times, shake left arm 8 times, shake right leg 8 times, shake left leg 8 times. Shake your right arm 4 times, shake left arm 4 times, shake right leg 4 times, shake left leg 4 times.



2

Shake your right arm 2 times, shake your left arm 2 times, shake your right leg 2 times, shake your left leg 2 times. Then shake your right arm 1 time, shake your left arm 1 time, then your right leg 1 time, and your left leg 1 time.



3

Do a full body shake out as vigorous as you can. You will soon learn to do this routine very quickly and can “Shake Out” anytime of the day that you need a little burst of energy, to have fun or to add some movement in your day.

How it Helps



Helps increase our health



Helps increase our energy



Helps us reduce our stress



Helps improve our breathing