## **Shake Out Dance**



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.

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.

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 us reduce our stress



Helps increase our energy





Helps improve our breathing



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