

# Tip-Toe Reach

## 1. Stand tall

- Place your feet hip-width apart.
- Keep your arms relaxed at your sides.

## 2. Prepare to balance

- Engage your core muscles to help you stay steady.
- Look straight ahead, not down.

## 3. Rise onto tip-toes

- Slowly lift your heels off the floor, balancing on the balls of your feet.
- Keep your body straight, not leaning forward or backward.

## 4. Reach overhead

- Stretch both arms straight up toward the ceiling.
- Imagine you're trying to grab something just out of reach.

## 5. Hold and lower

- Hold the position for 3–5 seconds.
- Slowly lower your heels back down to the ground and bring your arms down.



Pretend you're reaching to pick apples from a tall tree!