Breathe Blow Cough

Before Fitness
1. Stand Up
2. 2 Big Nose Blows
3. 5 DeepBreaths
   - Raise arms and breathe in.
   - Swing arms, bend at waist and breathe out.
4. 2 Big Coughs
5. Sit Down

After Fitness - Stay Seated
1. Right hand up. Left finger on left nostril – big blow.

2. Left hand up. Right finger on right nostril – big blow.


4. Finger on the end of your chin. Make a square one way and the other.