

# Age {Less} Move More

## Open Calves Movement Sheet



### Calves Stretch

Stand on a Noodle Ball placed at the back of your mat. Lift your toes as you press into the outer edges of your heels.

Exhale fall forward and hang. If you can touch the floor with your fingers — crawl your way forward into a down dog keeping your heels pressed into the floor and your toes lifting.



### Calves Strengthener

Stand near a wall with your feet inner hip-width apart, tail long, ribs in and down and your inner arms rolled out while squeezing your scapula together.

Exhale come up on your toes. Inhale down pressing into the outer edge of your heels. Go up and down several times and then hold up standing on your toes for as long as you can. Use a wall for balance if needed.