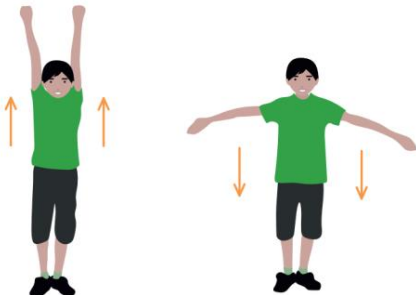
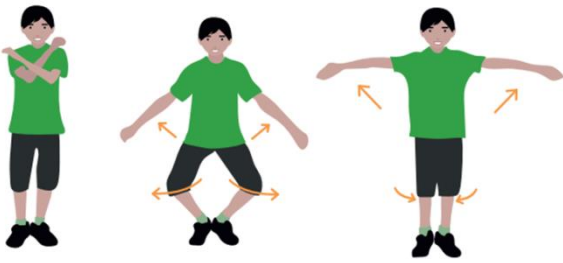
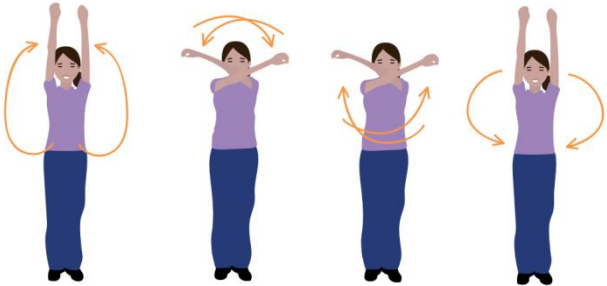
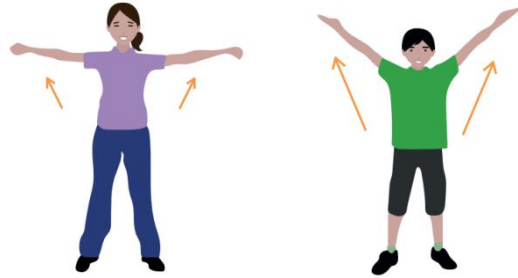

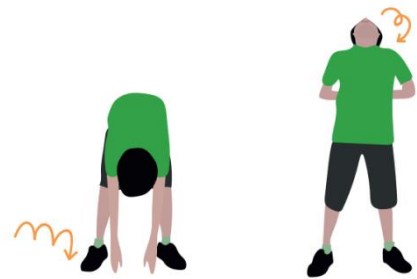
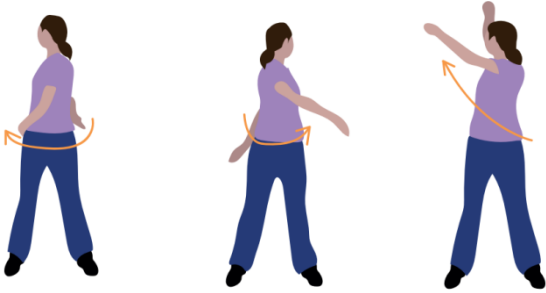
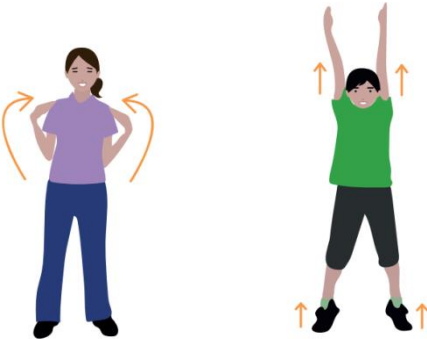

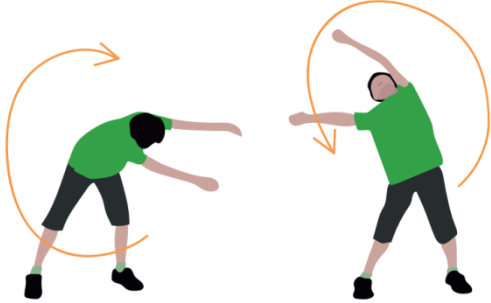
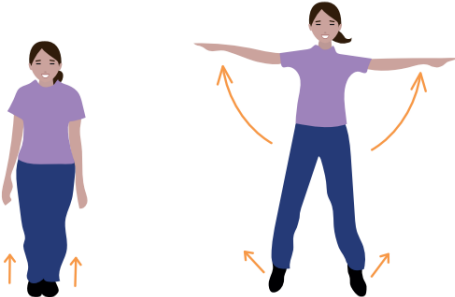
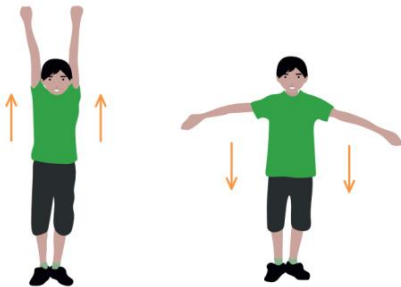


## Benefits of Radio Taiso [Teacher Notes]

 <p><b>1. Stretch Up High</b></p> <ul style="list-style-type: none"><li>• Stretches back</li><li>• Preparation for exercise</li></ul>	 <p><b>2. Arms and Legs</b></p> <ul style="list-style-type: none"><li>• Improves circulation to the arms and legs</li></ul>
 <p><b>3. Arm Circles</b></p> <ul style="list-style-type: none"><li>• Loosens shoulders</li><li>• Eases stiffness in the shoulders and neck</li></ul>	 <p><b>4. Chest Stretches</b></p> <ul style="list-style-type: none"><li>• Opening the arms and chest makes it easier to breath</li></ul>
 <p><b>5. Side Stretches</b></p> <ul style="list-style-type: none"><li>• Increases back flexibility</li><li>• Can aid digestion</li></ul>	 <p><b>6. Forward and Backward Bends</b></p> <ul style="list-style-type: none"><li>• Decreases stress on the lower back</li><li>• Can reduce lower back pain</li></ul>

 <p><b>7. Body Twists</b></p> <ul style="list-style-type: none"> <li>• Increases range of movement</li> <li>• Improves flexibility</li> </ul>	 <p><b>8. Arm Stretches</b></p> <ul style="list-style-type: none"> <li>• Body is tensed, helping to build speed and strength.</li> </ul>
 <p><b>9. Forward Bends</b></p> <ul style="list-style-type: none"> <li>• Stretches muscles in the buttocks and back of legs</li> <li>• Reduces stress on the lower back</li> <li>• Opens the chest</li> </ul>	 <p><b>10. Circle the Body</b></p> <ul style="list-style-type: none"> <li>• Improves flexibility in the waist</li> </ul>
 <p><b>11. Jumps</b></p> <ul style="list-style-type: none"> <li>• Improves circulation</li> <li>• Stretches the muscles</li> <li>• Raises heart rate</li> </ul>	 <p><b>12. Deep Breaths</b></p> <ul style="list-style-type: none"> <li>• Deep breaths to recover and focus</li> </ul>