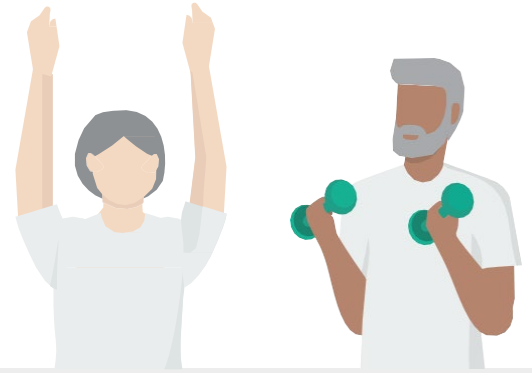


Stretch, Lift, or Tap (SLoT)

FOLDING LAUNDRY AS AN OPPORTUNITY TO MOVE MORE!



1 LIFT a bedsheet out of the dryer or off the drying rack.

2 Hold the ends of the sheet and STRETCH both arms as wide as you can.

3 STRETCH your neck, as you tuck your chin to your chest to hold the sheet in place.

4 STRETCH both arms forward to fold the sheet in half, then STRETCH again to fold again.

5 STRETCH your neck and tuck your chin to your chest to hold the sheet in place as you fold the length into half.

6 Fold again.

7 Set the folded sheet aside, TAPPING and sweeping with your hand to smoothen the sheet.



Stretch, Lift, or Tap (SLoT)

FOLDING LAUNDRY AS AN OPPORTUNITY TO MOVE MORE!



1 Hold the shirt at the shoulders and **STRETCH** your arms and snap the shirt briskly to get out any wrinkles.

2 **STRETCH** your arms to lay shirt flat on a table and button alternate buttons.

3 **LIFT** the shirt and place it button side down.

4 **STRETCH** your arms and **LIFT** and fold a panel of the shirt on the back of the shirt.

5 Fold the sleeve of the panel over the folded panel and **TAP** and smooth to straighten the edge.

6 Repeat for second panel.

7 **STRETCH** your arms and **LIFT** the bottom edge of the shirt, along with the folded panels, to fold the shirt in half.

8 **TAP** and smooth to straighten the folds. Set folded shirt aside.