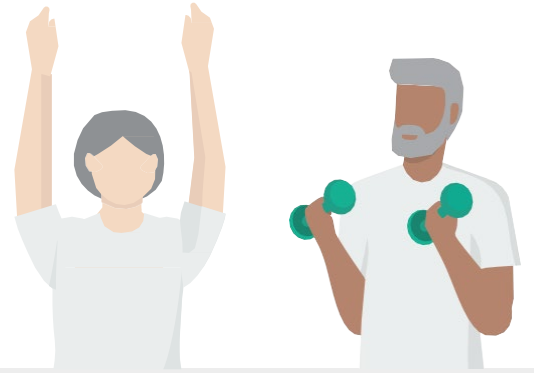


Stretch, Lift, or Tap (SLoT)

HOW TO ADD MORE TAPPING TO YOUR ROUTINE!



How to TAP sideways:

- Stand or sit on a bench, couch, or bed
- Slide your leg to the side and TAP your foot on the floor
- Slide the other leg in the same direction (slide buttocks along too if sitting)
- Hold onto something for support if needed
- Repeat the movement as many times as you wish

Ideas for where to TAP sideways during your day!



- In front of the kitchen sink
- Along the wall in your foyer
- Along a fence or balcony railing
- Along the couch
- Around the bed
- Around the kitchen or dining room table
- Along the side of your house or building

TAP your heels on the floor when....

- A commercial appears on TV
- You finish a cup of tea
- Waiting for an appointment
- Waiting for the bus or wheel trans
- You finish a phone call
- You wake up in the morning

