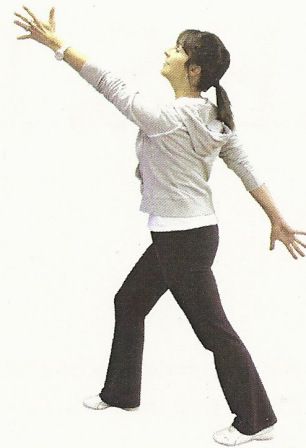




Morter March

Balance Your Body Whenever You Choose



The **Morter March**[®] is an exercise, which helps to improve neurological balance – re-time internal communication – by extending large muscle groups and their joints through a full range of motion. You can do this exercise as a part of your regular walk outside, and you can do it independently.

1. Stand comfortably erect. Alert, yet relaxed.
2. Step forward with your left foot, keeping your right foot flat on the floor. Bend left knee so you can't see your toes.
3. Stretch your right arm up to 45 degrees with your hand open and thumb pointed up. Stretch your left arm down and back to 45 degrees with your hand open and thumb pointed down.
4. Now, turn your head toward the side of your raised arm, looking toward your raised hand. Take in a deep breath and hold it. Close the eye away from your raised arm, and **STRETCH!** Think: "I am thankful and grateful for my perfect ___(goal)___." Then, think that a second time.
5. Close both eyes and think: "I am thankful and grateful for my perfect ___(goal)___."
6. Exhale and repeat the maneuver with the opposite leg, arm and eye positions. Repeat the sequence two more times – fewer if you become tired.
7. Do this Morter March "workout" twice a day.

Note: If you feel unstable, spread your feet wider apart from side to side, or lean against a chair for stability.