



MEDIA LITERACY

IN THE BALTICS

Physical Exercises for Your *Digital Wellness*



Exercise

1



**Neck rolls clockwise /
counter-clockwise**

Exercise

2



**shoulder circles forward /
shoulder circles backward**

Exercise # 3



Side stretch left / right

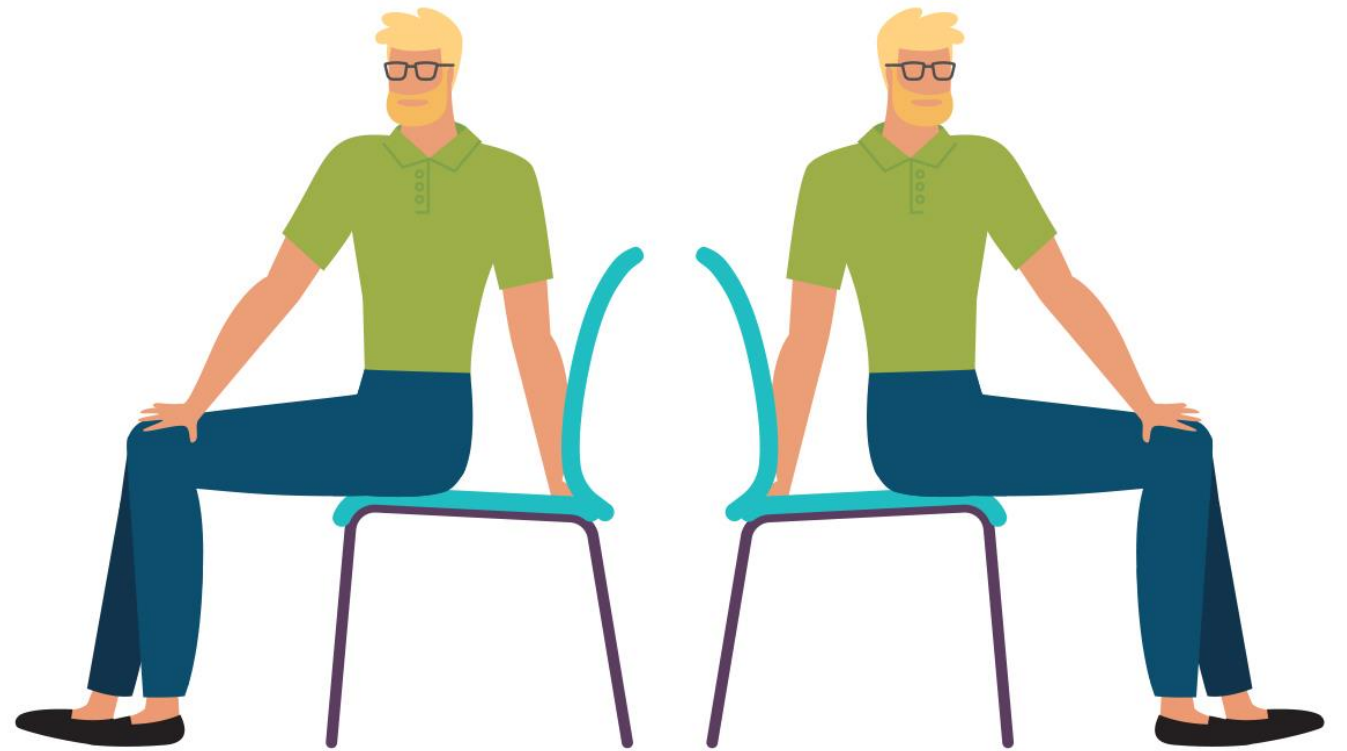
Exercise

4



Seated cat / cow

Exercise # 5



Seated spinal twist

**How do
you feel
after the
exercises?**





IREX