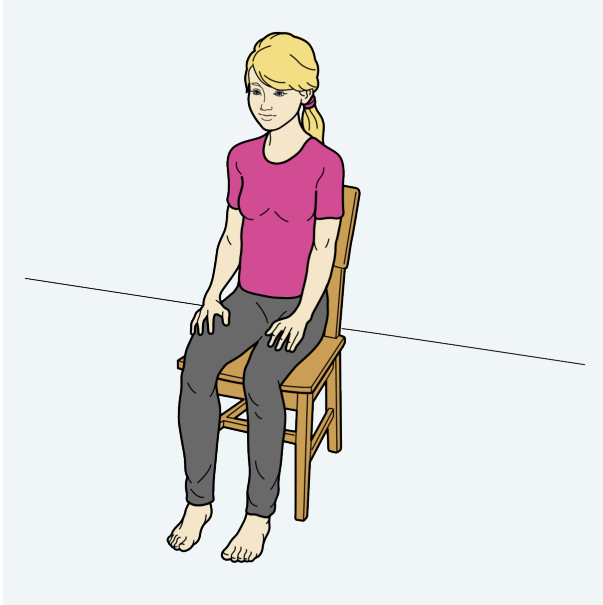
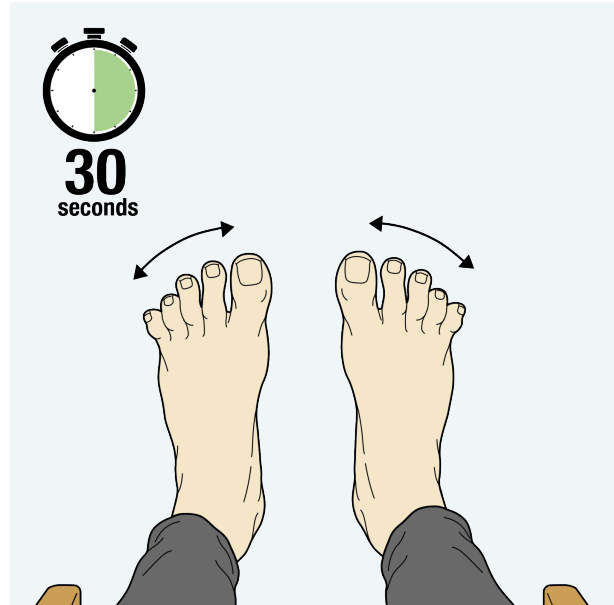


# Activity 2: Feeling muscles – feet

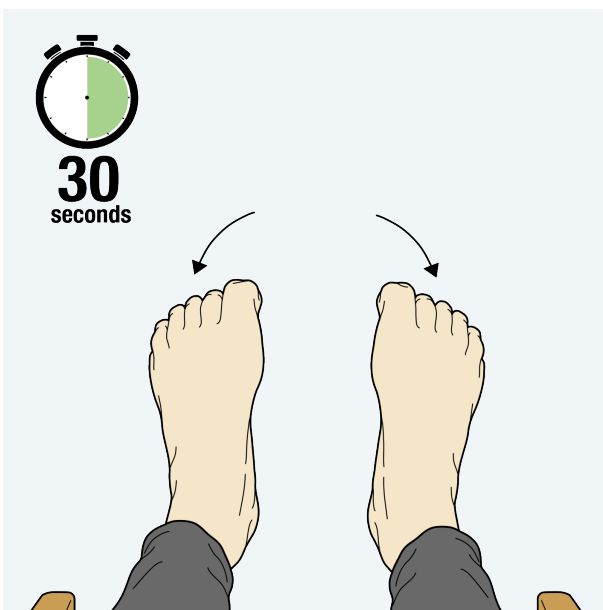
Video demonstration



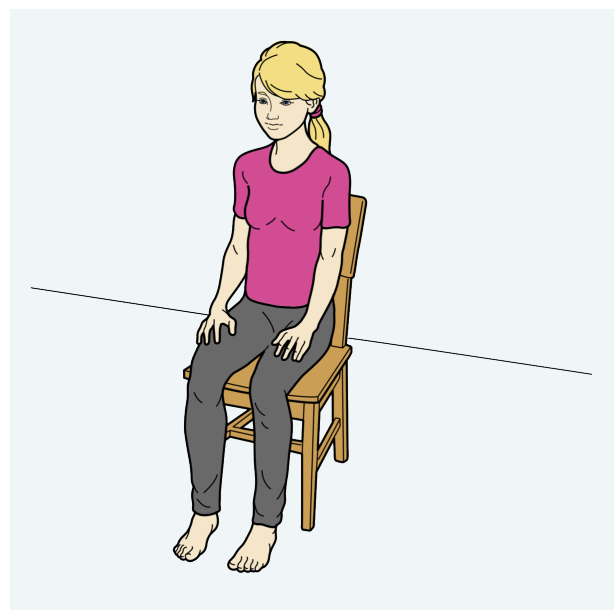
1. Sitting down, rest your feet flat on the floor.



2. Now stretch your toes as wide apart as possible and hold them stretched out like that for 30 seconds.



3. Now curl your toes under and hold them curled for 30 seconds.



4. Rest your feet back again, flat on the floor. Now they should be relaxed.

*Where could you feel your muscles when your toes were stretched and where could you feel it when they were curled?*

5. Now repeat steps 1–4, focusing on one of the parts of your feet or legs where you felt the stretch in your muscles during the toe stretch/curl.