Preparing To Move

Like any exercise, muscles that you haven't used for a while may let you know when they have been stretched. Wrists, arms, backs and necks, not used to waving banners and moving, may react. If, in a fit of passion you overdo it, just treat them gently and exercise them sensitively the next day and they will strengthen over time.

To avoid any unnecessary straining of muscles, it is a good idea to warm up. Just as singers warm up their voice to strengthen and protect it, we can warm up our bodies for active worship. A natural way to do this is to start worshipping gently and build up to more exuberance. However you can also strategically move to prepare your body. What follows are some recommended warm-up and stretching exercises to help you achieve this.

"Warm-up is simply a gradual increase in effort.

I recommend gentle movements that are rhythmic in nature, especially focusing on the arms and then the neck."



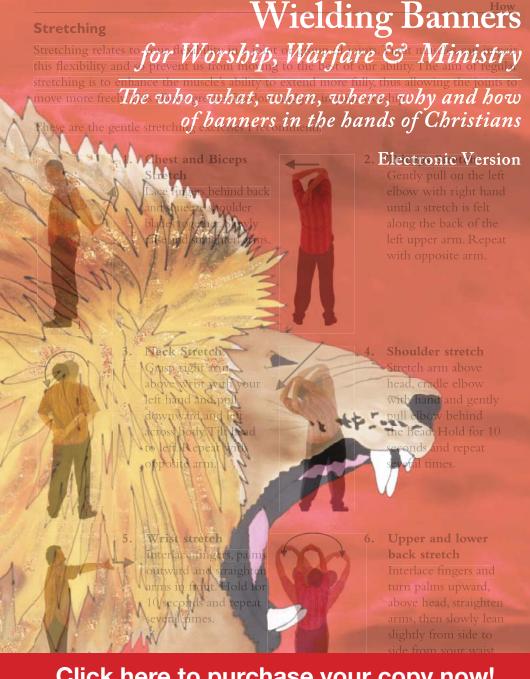
Warm-Up

Warm-up is simply a gradual increase in effort. I recommend gentle movements that are rhythmic in nature, especially focusing on the arms and then the neck.

Try walking about the room and incorporate:

Shaking out and moving all the bits of your body that will be activated – fingers, wrists, arms, shoulders and legs.

- 1. Rotating shoulders both forwards and backwards. Gently move your arms in circles from bent (soft) elbows progressing to straight arm circles.
- **2.** Alternately reaching arms out, both in front of the body and upwards (as in worship).
- **3.** Conclude your warm-up with some gentle head rolls and head turns. These are best done in a stationary position and will lead directly into the stretching sequence.



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