



While wearing a mask you can also do



Mouth exercises

Training the lips, cheeks, and tongue will help you to keep your body healthy. Let's eat delicious food to stay healthy.

U



- ① Sharpen your lips and stick them out

I



- ② Pull your lips firmly to the sides

O



- ③ Open widely your mouth



- Close your lips and spin your tongue inside your mouth



- ① Puff up your cheeks



- ② Dent your cheeks



- ③ Puff your cheeks alternately to the left and right



- ④ Close your lips tightly and alternately inflate your lips up and down

Opening the mouth



- ① Open your mouth as wide as possible
- ② Hold for 10 seconds
- ③ Rest for 10 seconds
- ④ Repeat ② and ③

★ If you have temporomandibular disorders or your jaws, be careful

Swallowing while holding the tongue out



- ① Put your tongue forward and close your lips (be careful not to bite your tongue strongly)
- ② Swallow the saliva While keeping this position

★ After practicing several times try keeping it for few seconds and say "gokun"

Checkpoint!
Do not leak air

Don't try this while eating

Repeat these exercises from 5 to 10 times before meals or in your free time

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