

11. MORNING STRETCHES

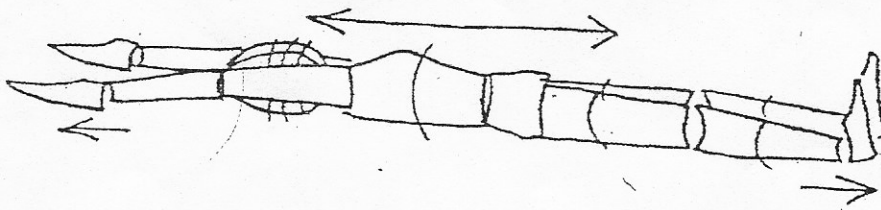
(DATE) _____

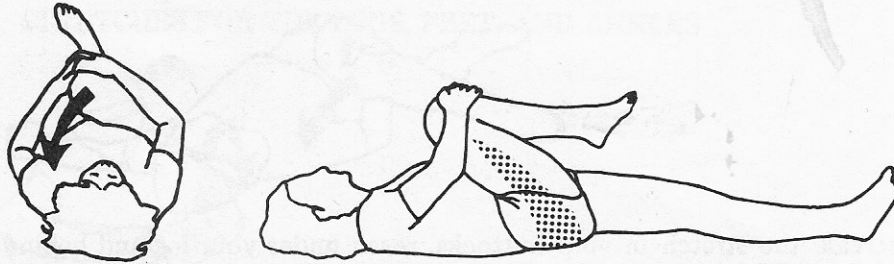
Combination of Leg Lengtheners and Arm Lengtheners. Start on back, knees straight, arms at sides, palms down. Keeping elbows straight, bring arms up and back overhead as far as you can. Keep arms back as you:

- Stretch and lengthen right arm/right leg.
- Stretch and lengthen left arm/left leg.
- Stretch and lengthen right arm/left leg.
- Stretch and lengthen left arm/right leg.
- Stretch and lengthen both arms/both legs.

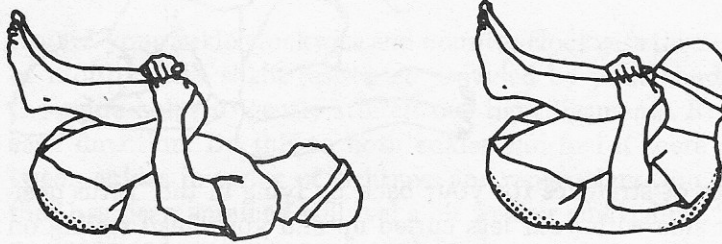
Repetitions: _____

NOTE: **DO NOT HOLD YOUR BREATH.** Breathe **OUT** as you stretch and lengthen.

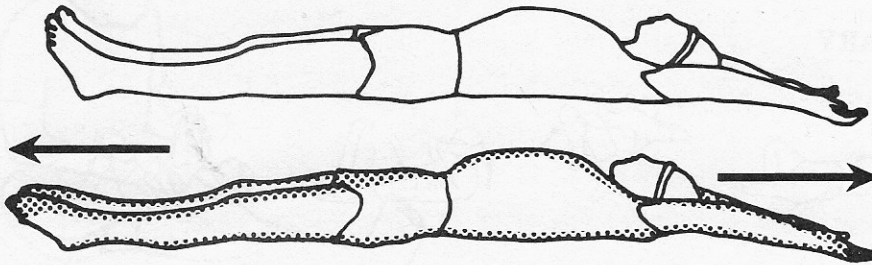




Variation: Pull your knee to your chest, then think of pulling the knee across your body toward your opposite shoulder to create a stretch on the outside of your right hip. Hold an easy stretch for 20 seconds. Do both sides.

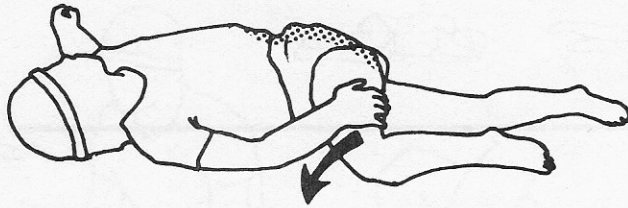


After pulling one leg at a time to your chest, pull both legs to your chest. This time concentrate on keeping the back of your head down and then curling your head up toward your knees.



Again, straighten out both legs. Stretch and then relax.

A Stretch for the Lower Back and Side of Hip



Bend one knee at 90° and, with your opposite hand, pull that bent leg up and over your other leg as shown above. Turn your head to look toward the hand of the arm that is straight (head should be resting on floor, not held up). Now, using the hand on your thigh (resting just above knee) pull your bent leg down toward the floor until you get the right stretch feeling in your lower back and side of hip. Keep feet and ankles relaxed. Make sure the back of your shoulders are flat on the floor. If not, the angle changes between the shoulders and the hips and it is more difficult to create a proper stretch. Hold an easy stretch for 30 seconds, each side.

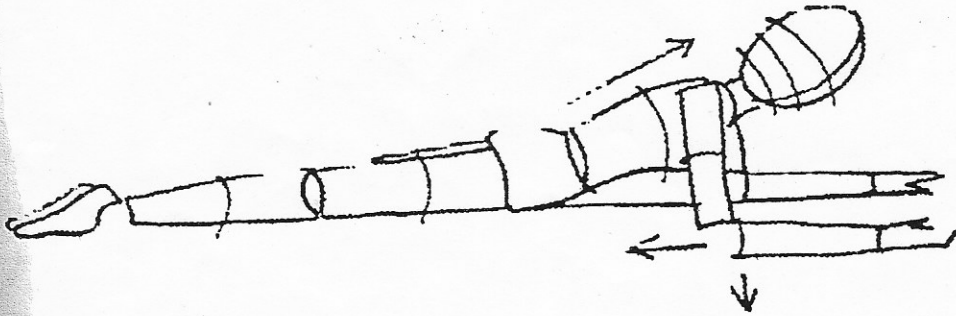
26. THE SPHINX

(DATE) _____

Prop yourself up on forearms and elbows. Take slow deep breaths and allow your stomach and spine to sag with each breath out.

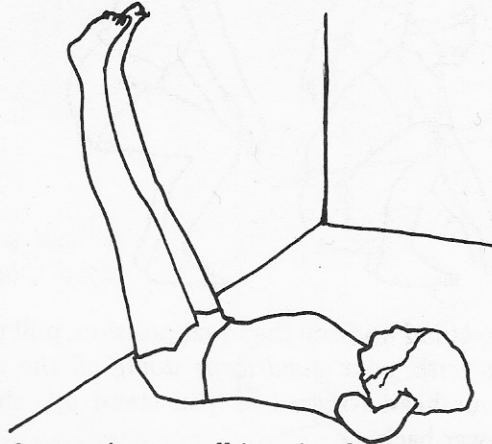
Press elbows straight down into the floor/mat and "pull" back with your elbows. Elbows do not actually move. Pull back as if you were going to pull your body right through your arms, to feel stretch and traction in your lower back. Keep your back *arched*--do not round your back.

Hold: _____. Relax. Repeat: _____



ELEVATING YOUR FEET

Elevation of the feet before and after activity is a great way to revitalize your legs. It helps keep the legs light with plenty of consistent energy for everyday living and activity. It is a wonderful way to rest and relax tired, stood-on feet. It helps the entire body feel good. And it is a simple way to help prevent or relieve varicose veins. I recommend elevating the feet at least twice a day for at least 2-3 minutes for revitalization and relaxation.



Lying on the floor and resting your feet against a wall is a simple way to elevate your feet. Keep your lower back flat. Your butt should be at least 3 inches from the wall.