



## **EASY AT HOME EXERCISES**

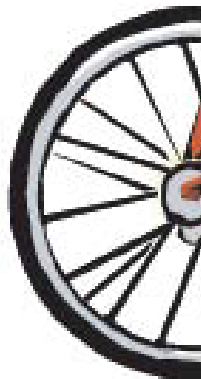
(BE A "FIT" PARENT BY HAVING YOUR CHILDREN EXERCISE WITH YOU)

**TOE TOUCH** - Extending your body in this way stretches your muscles in the back of your legs and the lower back.

1. Sitting with your legs stretched out in front of you, lean forward and touch your toes without bending your knees at all.
2. Try to touch your chest to your thighs to deepen the stretch.
3. Stay in this pose for 15 seconds.
4. Rest for 5 seconds.
5. Repeat the toe touch.

**KNEE TILT** - This simple exercise stretches your lower back, thigh and buttocks muscles.

1. Lie on your back with your arms at your sides and your feet on the ground so that your knees point at the ceiling.
2. Pressing your knees tightly together, lean both of them to the right as far as you can, keeping your knees touching.
3. Also, keep as much of your upper back and shoulders on the ground.
4. Hold this pose for 15 seconds.
5. Return knees to starting position so that both of your feet are still on the ground.
6. Repeat this exercise, this time leaning your knees to the left.
7. Repeat this exercise three to five times on both sides.





**HAMSTRING STRETCH** - This stretches the upper leg muscle on the backside of your leg.

1. Lie on your back with your arms at your sides and your legs straight up, pointing to the ceiling.
2. Keeping your knees straight, pull your legs as close to your chest as possible.
3. Hold this pose for about 30 seconds and return legs to the start position.
4. Repeat this exercise three to five times.

**BICYCLES** - This exercise warms up the legs, hip muscles and abs.

1. Lie on your back with your arms at your sides and your legs extended straight up, perpendicular to the floor.
2. Start pedaling your legs, moving them in the same fashion you would if you were pedaling a bike.
3. Do this for about 30 seconds, stop and lower your legs to the ground. Work up to 60 seconds.
4. Repeat this exercise three times.





**KNEE HUG** - This works your lower abs while stretching out your lower back muscles.

1. Lie on your back with your arms at your sides and your feet on the ground so that your knees point at the ceiling.
2. Lift your feet off the floor and pull your knees into your chest.
3. Keeping your abs flexed, pull your knees as close to your abs as possible, holding this pose for five seconds.
4. Slowly release your knees and replant your feet on the ground.
5. Repeat this exercise five to ten times.

**PELVIC ROLL** - This exercise works out your abs and helps to flatten and strength your tummy.

1. Lie on your back with your arms at your sides and your feet on the ground so that your knees point at the ceiling.
2. Slowly roll your pelvis off the ground so that your lower back no longer touches the floor.
3. Hold your pelvis up for 10 seconds and then slowly roll your lower back down to the ground again.
4. Repeat this pelvic tilt 10 to 15 times.





**SIT-UPS WITH A TWIST** - These sit-ups will give your abs a very good workout.

1. Lie on your back with your arms at your sides and your feet on the ground so that your knees point at the ceiling.
2. Slow lift your head, neck, shoulders and upper back off the floor, lifting your arms so your hands touch your knees.
3. Once your entire upper back is off the floor and your finger touch or point towards your knees, hold the pose for 10 seconds.
4. Roll the upper body, then the neck, shoulders and head back onto the floor.
5. Repeat this sit-up 10 to 15 times.

**SIMPLE PUSH-UPS** - These push-ups work your upper arms and shoulder muscles.

1. Lie flat on your stomach with your forehead on the ground, your elbows bent and your hands flat on the ground by each shoulder.
2. Press your upper body up and try to straighten your arms as much as possible. Look towards the ceiling and keep your abs tight.
3. Hold this pose for about 5 seconds and lower your upper body back to resting position.
4. Repeat this push-up about 10 to 15 times.



**WALL PUSH-UPS** - Stand facing a wall with your feet about 1 to 2 feet back from it.

1. Place your hands on the wall just outside shoulder-width apart.
2. Bending only at the elbows, lower yourself forward towards the wall then push yourself away from it.
3. Keep your body stiff and straight during the movement.
4. Repeat 10 times.

**LEGS AND BUTTOCKS: LEG EXTENSIONS** - This manner strengthens your gluts, hamstrings and calves.

1. Lie on your stomach with your face close to the floor and your arms straight at your sides.
2. Stiffening your right leg, keep your knee straight and lift the leg as far off the ground as possible, making sure that both of your hips remain touching the ground. Remember to keep your face close to the ground and not to look up.
3. Hold the leg up for 10 seconds and then slowly lower it back to the ground.
4. Repeat this lift for your left leg.
5. Keep alternating legs to lift until you have done 10 to 15 lifts on each side.

