

Exercise To Heal:TM

Stand Up & Stretch

with Karen Holden

**ALWAYS TALK TO YOUR DOCTOR BEFORE
BEGINNING ANY NEW EXERCISE PROGRAM**

EXERCISE GUIDELINES

Congratulations! You're about to experience new levels of health, energy, and relaxation! This routine involves gentle flowing movements drawn from Qi Gong, Yoga, Tai Chi, and traditional strength training practices. While it's a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

- Before doing the *Age-Defying* routine(s), watch the entire DVD all the way through. Karen has broken down each routine step-by-step for you.
- Wear comfortable, loose clothing that allows you to move freely.
- Don't exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.
- There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, STOP. Remember, this isn't a competition. Listen to your body!
- Feel free to take a break at any time during the routine; you will still experience benefits from the exercises.

Stand Up & Stretch: Sequence of Movements

1. Standing Meditation

Clears the mind to prepare the body for the program.

2. Abdominal Breathing

Creates a relaxed intensity for the stretching routine.

3. Bouncing and Shaking

Loosens and warms up the body and gets the circulation flowing. Releases tension.

4. Lung Qi Gong

Circulates energy into the lungs and organs. Helps to improve vitality.

5. Standing Spinal-Twists

Enlivens and loosens the spine and calms the nervous system.

6. Heel-Lifts

Improves balance, agility, and ankle strength.

7. Toe-Lifts

Strengthens and stretches the lower legs.

8. Knee-Lifts

Stretches the hips, strengthens the thighs, and improves balance.

9. Straight Leg-Lifts

Stretches the hips, strengthens the thighs, and improves balance.

10. Side Leg-Lifts

Improves balance and core stability while strengthening the hips and thighs.

11. Alternating Heel-Lifts

Builds strength in the legs. Improves balance and flexibility.

12. Leg-Swings with Toes Flexed

Helps keep the hips flexible; stretches and strengthens the leg muscles.

13. Bend and Straighten in Lunge

Stretches and strengthens the leg and foot muscles.

14. Forward Bend

Stretches the hamstrings and lower back.

15. Forward Bend with Bent-Knee Twist

Stretches the hamstrings and lower back muscles.

16. Forward Bend with Feet Apart

Stretches the hamstrings.

17. Bent-Knee Side Stretch

Stretches and strengthens the inner and outer thighs.

18. Standing Hamstring Stretch - Toes Up, Then Down

Stretches the hamstring, lower leg, and upper thigh muscles.

19. Shoulder-Drops

Relieves tension in the shoulders and neck.

Stand Up & Stretch: Sequence of Movements

(continued)

20. Head Up, Down, Right, Left - with Centering

Stretches the neck muscles.

21. Arms Reach Back, Palms Turn Up

Stretches the biceps and chest.

22. Crane-Hands Stretch with Neck Rolls

Releases tension from the neck; improves range of motion.

23. Rounded Back, Arms To Front

Stretches the backs of the shoulders.

24. Crossed-Wrist Arm Rotation

Stretches hands, forearms, and upper back.

25. Eagle Pose

Stretches the shoulders.

26. Seated Bent-Knee Stretches

Stretches the hips, legs, and inner-thigh.

27. Visualization and Final Meditation

Relaxes and centers the mind, body, and spirit.

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