



# Moving the Body



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“To enjoy the glow of good health, you must exercise.”

**Gene Tunney**



# Moving the Body

Exercise is a very necessary part of our wellbeing.

But what is exercise? I like to think of exercise as 'moving the body'!

There are so many ways we can do this and I believe most people overlook the benefits of the exercise they clock up just around the home.

Some very beneficial exercises can be done even sitting on a chair!

Don't let not being able to go to the gym stop you getting lots of movement in your body. There are countless ways to do this and together I would like us to discover some of them.





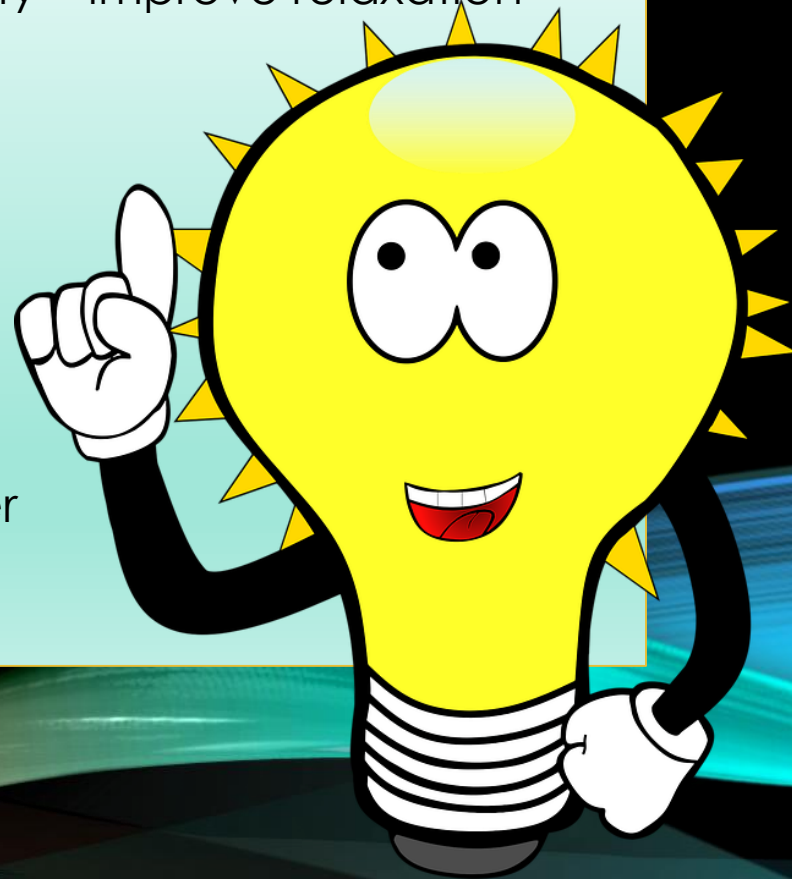
Before moving to the next slide...

Grab a pen and note book and write down how many **benefits of exercise** you can think of.

Then check your list against the next slide...

# Benefits of Exercise

- Improve suppleness
- Improve stamina
- Improve sleep patterns
- Help control stress and anxiety – improve relaxation
- Increase energy levels
- Helps you to feel more alert
- Improves self-confidence
- Tones up muscles
- Helps with body shape
- Can speed up weight loss
- Helps reduce blood pressure
- Helps prevent heart disease
- Reduces risk of bowel cancer and osteoporosis
- Just to have fun!





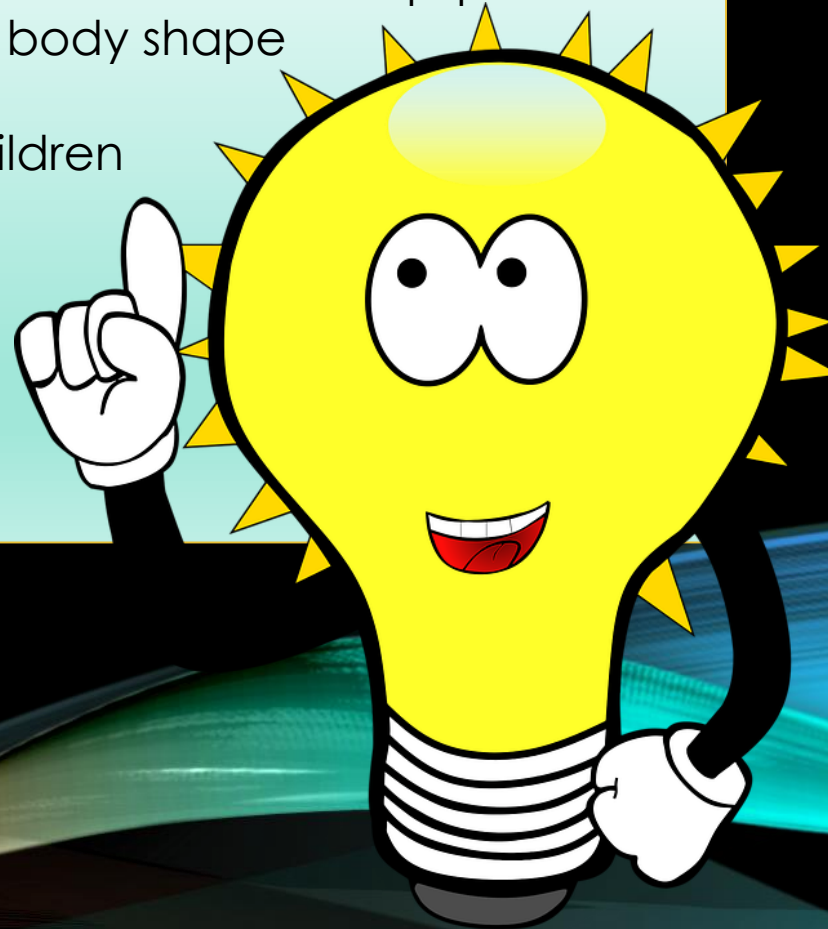


OK, let's do that again...

What are some **barriers or obstacles** you face when thinking of exercise?

# Barriers to Exercise

- Lack of time
- Lack of confidence to show up at a gym
- Lack of appropriate leisure facilities and equipment
- Self-consciousness about body shape
- No money
- Nowhere to leave the children
- Cultural barriers
- Too tired
- Bad weather
- Dark nights
- Boring
- Not co-ordinated





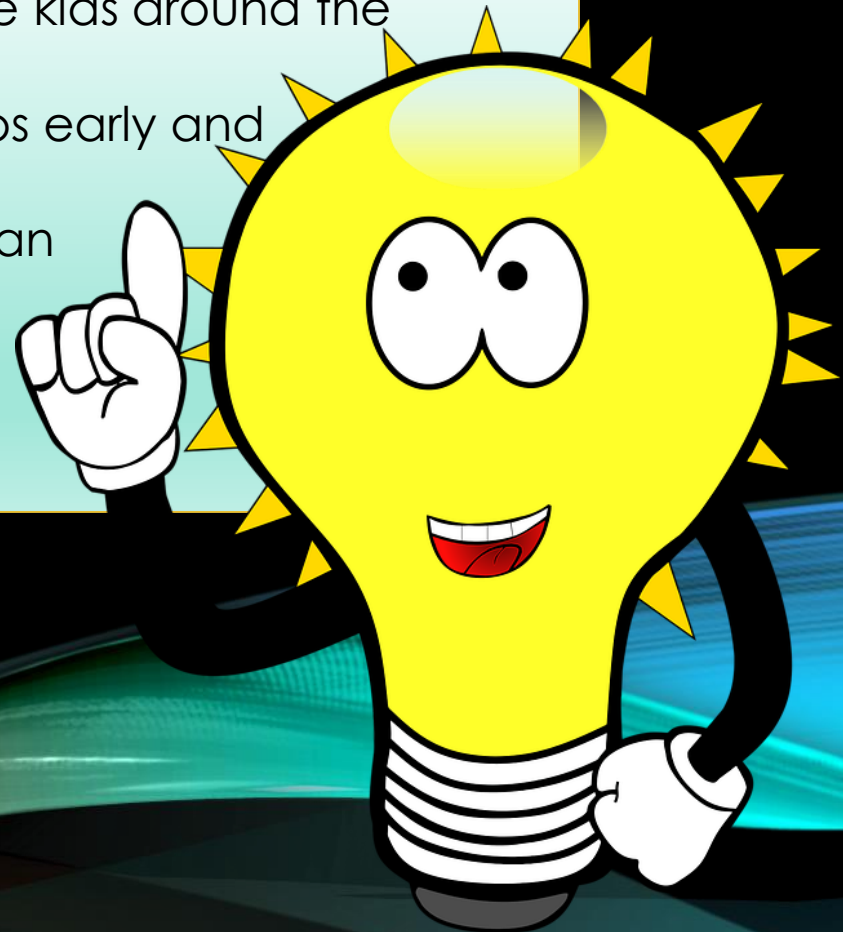


Last time...

How can we **increase exercise** without spending any money?

# Increasing Exercise without Money

- Go for a walk with a friend
- Get out with the kids - chase the kids around the garden/park or kick the ball
- Get off the bus a couple of stops early and walk the rest of the way
- Walk to the local shop rather than taking the car
- Get out into the garden – planting, weeding, digging are good forms of exercise





I hope you took the time to do those little 'brain exercises' ... sometimes it's good to really think about these things.

Any kind of movement is good, but those that raise your heart beat levels and build your strength are the best of all.

Any way we can do that at home without paying gym fees is a real plus for many.





Ever  
considered  
joining a  
walking group  
if you don't  
have anyone  
else to walk  
with?





**Where does the weight  
go that you lose?**

84% is breathed out  
16% is lost through water

So just keep moving more  
and breathing!





**Let's look at some simple little exercises  
you could practice at home, over and  
above the other examples that were given:**

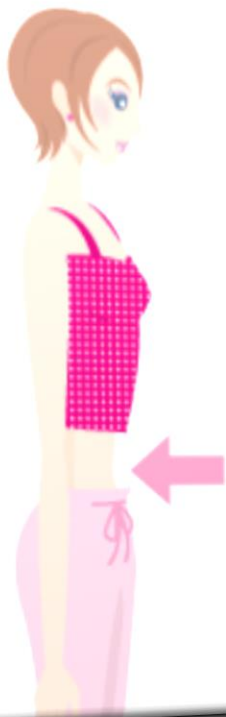


A person with long brown hair, wearing a white long-sleeved shirt and dark blue jeans, stands with their back to the camera. Their arms are extended horizontally to the sides. They are in a natural setting with trees showing autumn foliage in shades of yellow and orange. The ground appears to be a dirt path or field. The lighting is bright, suggesting a sunny day.

## Deep Breathing Exercise

1. Breathe in deeply to the count of 3
2. Hold your breathe to the count of 4
3. Breathe out through your mouth/nose to the count of 5
4. Breathe normally once or twice
5. Repeat 10 times

## Breathe to draw your stomach in!



1. Stand up strait, hands at side
2. Breathe out while forcing your belly inward, putting energy into hips
3. Hold for 15-30 seconds

Repeat  
**10 Sets**

This can be done standing,  
sitting or even lying on your bed!





## DEEP BREATHING EXERCISE + BUTTOCKS

1. Breathe in deeply to the count of 3
2. Hold your breath to the count of 4
3. Squeeze your Buttocks and hold...
4. ... as you breathe out to the count of 5
5. Breathe normally once or twice
6. Repeat 10 times



N.B... Pelvic Floor are the muscles that stop urine flow



1. Breathe in deeply to the count of 3
2. Hold your breath to the count of 4
3. Suck in your Pelvic Floor Muscles and hold...
4. ... as you breathe out to the count of 5
5. Breathe normally once or twice
6. Repeat 10 times

Deep Breathing Exercise + Pelvic Floor Muscles

# ALL EXERCISES TOGETHER

As you become more used to the exercises you can do all at the one time.

Be very careful that you are actually including the Pelvic Floor Muscles though. If you are not sure it would be better to do them separately.

1. Breathe in deeply to the count of 3
2. Hold your breath to the count of 4
3. Suck in your Stomach
4. Draw in your Pelvic Floor Muscles
5. Squeeze your Buttocks and hold all...
6. ... as you breathe out to the count of 5
7. Breathe normally once or twice
8. Repeat 10 times

As you continue to do these exercises you can repeat them more often for even better results.



# BOOK BALANCE



1. Choose a book that doesn't matter if it hits the floor a few times. 😊
2. Balance the book on your head.
3. Walk in a straight line being careful to keep the book balanced on your head... (no hands!)

You could walk down a hallway or across a large room and back. Keep at it until you can walk around your house keeping the book balanced on your head.

This is an important exercise to help you with your posture and balance.

If you can't stand steadily on one leg for at least 15 seconds you need to start practicing this ASAP.



# BEHIND THE BACK CLAPS

- Standing up straight, with your arms outstretched, clap your hands in front of you.
- Now swing your arms and try to clap your hands behind your back.
- Repeat at least 10 times.



# WINDMILL

1. Rotate your arms like a Windmill.
2. Repeat each arm 10 times.

When you become more used to it, hold a can of peas (or whatever) in both your hands as you swing them.



# LEG LIFT



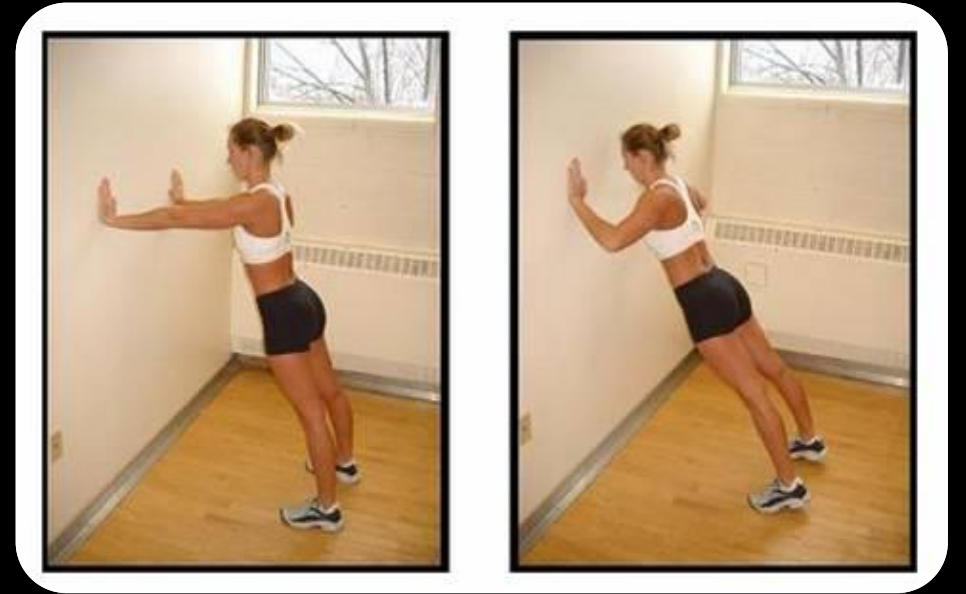
Image: sbortho.com

2. Lift one leg straight out in front of you.
3. Hold the position for a few seconds.
4. Slowly let it back to the floor.
5. Repeat with the other leg.
6. Repeat the repetition 10 times.



# WALL PUSHES

1. Stand about an arm's length away in front of a blank wall
2. Keep your feet shoulder width
3. Put hands flat on the wall at shoulder height, approximately shoulder width apart.
4. Keeping your back and hips straight, breathe in as you lower your upper body towards the wall to the count of 4 using controlled movements
5. Pause for 1 or 2 seconds
6. Breathe out as you gently lift yourself back again to the count of 2
7. Repeat 10 times



# ADD EXERCISES GRADUALLY

There is no need to try to do these exercises all at once. I'm sure you could work out a little routine and then as you become accustomed to regular exercise, simply add another into your routine.

Become used to thinking daily how to add more movement to your body and make it a part of what you do. Your body will thank you. 😊