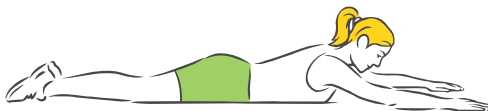


The 'In Bed' Workout or the 'Getting Up' Routine

This is a great way to wake up and make good use of time. Just think, instead of lying there wasting 10 minutes thinking about getting up, you can complete an entire exercise routine! You don't need to warm up specifically for this but make sure you do the exercises in the order shown.

A Start off with 'child's pose'. This is a lovely way to release tension in your back which can often develop after a bad nights sleep. Turn onto your side then onto your hands and knees. Slowly sit your weight back towards your heels resting your chest on your thighs, forehead on the bed. If you feel discomfort in your knees, place a pillow under the back of your knees. You can also use a pillow under your forehead. Take some deep breaths, relaxing your arms by your side. Focus on your breathing and the rise and fall of your rib cage into your thighs. Hold and relax for 10 slow breaths.

B Now do a back lengthening and strengthening exercise we call the 'superman'! Lie flat on your tummy, arms extended overhead and legs straight. Look down onto your bed (you may wish to rest your forehead on the edge of a pillow) and make sure the back of your neck stays lengthened. Take a breath and as you breathe out, lift your belly away from the bed and then slowly lift your right hand and your left leg off the bed. Focus on length in your limbs rather than trying to lift up high – imagine your arm being pulled in one direction and your leg in the other. Hold up for as long as you can breathe out and change sides. Repeat 5 – 7 times on each side.



- C** Now turn over and lie on your back for the 'bridge' exercise. This will work your inner core muscles, abdominals and backside. Adopt good lying posture - you should feel your tailbone on the bed, with a small hollow in your lower back and eyes looking directly above you. Take some deep breaths and as you exhale, pull up through your pelvic floor and hollow your tummy. Imagine your tailbone and pubic bone drawing together and lifting up inside you.



Do this 2 - 4 times focusing on your inner strength. Next move up into the bridge by curling your tailbone up and off the bed, pressing the small of your back into the bed and gradually peeling your spine up, one vertebra at a time. Lift as high as you feel comfortable, keeping your bum squeezed, your tailbone tucked and your abs scooped in. Lower back down one vertebra at a time, if you can. For a harder version, hold the up position and squeeze your bum for 2 breaths and lower. Repeat 4 - 10 times.

- D** Next try an 'abdominal curl'. With your body in the same position as left, take your hands back behind your head and lift your head, neck and shoulders off the bed. Hold and relax your head back into your hands. Your head should feel heavy and your neck relaxed. Take a deep breath and as you exhale, lift up higher into your curl by bringing your rib cage in towards your belly button. Lower to the first lifted position and repeat 8 - 20 times.



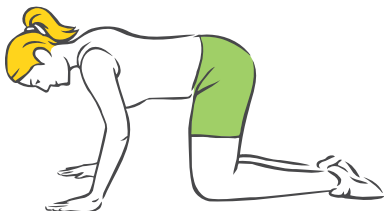
- E** Now turn onto your side and sit up on the edge of your bed with your feet on the floor. Lift your right arm up towards the ceiling. Focus on pulling your tummy in as you reach your arm up to feel a stretch going down the side of your torso. Repeat 2 - 4 times on each side.

ALSO TRY: PILATES, YOGA, STRETCH AND RELAXATION WORKOUTS

Pilates and Back Care

The following exercises are designed to release stress in the back, neck, shoulders and hips while also strengthening core muscles to help support your spine and relieve back pain. If you find it difficult to get down to the floor you can do this routine lying on your bed instead. You will need a towel, mat or soft carpet to exercise on. You may also need extra padding, such as a towel or cushion to place under your knees.

- A** Start on your hands and knees - knees in line with hips, hands in line with shoulders. Make sure your spine is in a neutral position (with small natural curves in the lower back and neck areas). To ensure your back is in the right position, keep your eye level looking at the floor in front of your fingertips and your tailbone slightly lifted.

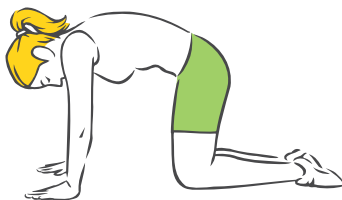


In this position try to connect to your deep core muscles – these are the ones that sit close to your spine, around your shoulder blades, around your middle and the base of your pelvis.

Start with the base – this is your pelvic floor. Pull this muscle up inside you by imagining drawing your pubic bone and tailbone together. It's important NOT to move the spine as you do this. Keep your spine long and focus on a feeling of drawing up on the inside. Next, focus on your middle by gently drawing your belly button back towards

your spine. Again this should be done without your spine moving. Finally focus on sliding your shoulder blades down and into the back of your rib cage. Take 4 – 8 deep breaths, focusing on your pelvic floor, deep abdominals and shoulder blade muscles.

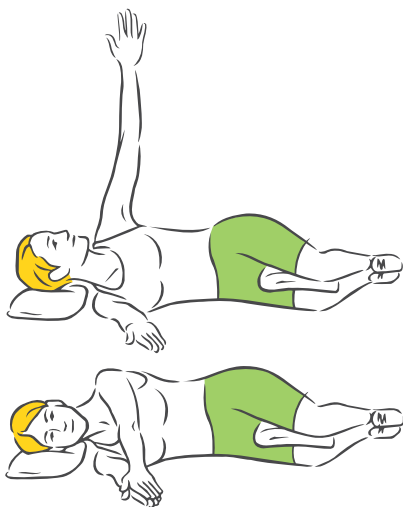
- B** Now arch up to do a 'cat stretch'. Slowly lift the mid point of your spine up towards the ceiling. When you have gone as far as you can with your head and tail tucked under, slowly sit your weight back towards your heels to feel a stretch in your lower back. Only move as far as you are comfortable. Hold this position for 2 – 4 breaths and lift back up.



- C** Now cross your left foot over the right (making sure your knees feel ok) and slowly sit back as in step 'b' but this time with your weight going back towards your left. Lift back up, change legs and repeat slowly to the right side.

Repeat steps 'a', 'b' and 'c'.

D Lie on your right side with a cushion under your head and a cushion or towel between your knees. Your knees are bent and in front, heels in line with your bottom, hips stacked one on top of the other. Extend your arms out in front in line with your shoulders, left hand on top of your right. Take a deep breath and as you exhale connect to your core (see step 'a') and very slowly lift your left hand away from your right. Keep lifting, following your arm with your eyes so that your neck rotates with the movement of your arm. Aim to keep your hips still, core muscles connected. You should start to feel a stretch in your chest as your arm lifts behind you. Repeat 5 times.



E Lie on your back to perform the 'bridge' move. You should feel your tailbone on the floor, with a small hollow in your lower back and eyes looking directly above you. Take some deep breaths and as you exhale, pull up through your pelvic floor and hollow your tummy. Imagine your tailbone and pubic bone drawing together and lifting up inside you. Do this 2 - 4 times focusing on your inner strength.



Next move up into the bridge by curling your tailbone up and off the floor, pressing the small of your back into the floor and gradually peeling up your spine, one vertebra at a time. Lift as high as you feel comfortable, keeping your bum squeezed, your tailbone tucked and your abs scooped in. Lower back down to the floor, one vertebra at a time if you can. For a harder version, hold the up position and squeeze your bum for 2 breaths, lower and repeat 4 - 10 times.

Repeat step 'd' lying on your left side.

ALSO TRY: PILATES, YOGA
AND TAI CHI

Extended Stretch and Relaxation

The following exercises are designed to release stress, and relax and lengthen your body. If you find it difficult to get down to the floor you can do this routine lying on your bed instead. You may need a towel to help with some of the stretches.

- A** Lie on the floor with your legs in a position that feels comfortable for your back (either straight or knees bent with feet on the floor). Focus on your breathing. Feel your rib cage rise and expand as you breathe in, and release and lower as you breathe out. Aim to increase the length of time you breathe out so your breathing becomes slow, deep and relaxed. To slow down your exhale, try breathing out through your nose. Relax into the floor as you breathe out. Do this for at least 6 breaths.
- B** Bend your knees and place your feet and knees together. Place your hands palm up at a 45 degree angle away from the side of your body. Imagine your knees are currently pointing at 12 o'clock on a clock face. Keeping your knees and feet together, slowly move your knees over to quarter past the hour. Take another breath to slowly move your knees back to centre, then move them over to quarter to the hour on a clock face. Repeat 4 – 5 times each side, gradually increasing the movement. On your final move hold both knees over to one side, feeling a stretch through your back and waist. Hold for 30 – 40 seconds and repeat on the other side.
- C** Now hug your knees into your chest. If you have difficulty with this do one knee at a time. Try to rock gently side to side 10 times and move your knees in circles - 10 times clockwise and 10 times anticlockwise.
- D** Keeping your right knee into your chest, place your left foot on the floor and put your towel around your right foot. Extend your right foot up towards the ceiling to release and stretch down the back of your right leg. Try to extend your left leg along the floor. Take deep breaths as you do this and gently lengthen your leg by drawing your toes towards your shin and heel up to the ceiling. Hold for one minute then change legs.
- E** Turn over to lie on your tummy and rest your forehead on your right hand. Bend your left knee and try to hold onto your foot with your left hand, to stretch out the front of your thigh. If you can't reach, use your towel around your foot and hold onto that instead. Focus on pressing your hips into the floor and pulling your tummy in. Take deep breaths and hold for one minute then change sides.
- F** Lift up onto your hands and knees and then relax your bottom back towards your heels. Hands outstretched on the floor in front of you in a praying position. Hold and relax focusing on your breath for 1 – 2 minutes.

ALSO TRY: YOGA, PILATES AND MEDITATION CLASSES

Tai Chi

Inspired Balance Workout

This workout is all about balance and control. While it's not possible to teach the subtlety of tai chi movements in this handbook, the premise of this workout is tai chi inspired and will give you very similar benefits. If you like this workout then you really should go and try some tai chi classes – they are excellent for giving you balance, centring your mind and body, and make you feel strong!

- A** Stand with your feet a little more than hip distance apart. Feel your weight into the ball and heel of your feet. Gently rock from the heel to the ball to centre yourself between the two.
- B** Lift up tall out of your torso (see posture tips). Take some deep breaths, focusing on the rise and fall of your chest. Aim to relax your body while staying tall.
- C** Focus on your inner strength. Connecting to your core muscles helps you find this inner strength and will also help you to balance. Working from your feet, think of a line of strength that comes up through your inner thigh and pelvic floor. Imagine drawing your pubic bone and tail bone together and up inside. Keep drawing up through this line of strength as you breathe out. Feel your tummy come in and your diaphragm relax. View this inner strength as your energy or lifeline – your 'chi'. Think of this energy as flowing and gentle but strong. Use this feeling throughout the sequence.
- D** Look straight ahead but imagine your head is weightless. Sliding your shoulders down, create length from your ears to your shoulders and through your neck.
- E** Take another breath and as you breathe in lift your arms up, turning your thumbs out and palms up. Do this in a relaxed way as if your arms are floating weightless. Keep your shoulders relaxed. Lower the arms, thumbs turned back in as your breath out.
- F** As your arms lower, slowly sink your weight into your heels, bending slightly at the knees. Keep your back tall and core connected. Repeat 6 times.
- G** Breathe and lift again as in step 'e' but this time start to peel your right foot off the floor. As your right foot lifts, turn your left hand with palm down over your right as if holding a ball. Imagine this ball as a large delicate egg. Hold and balance with your right foot lifted, and focus on keeping the ball still for 6 breaths.
- H** Now move your hands and body to your right, stepping out with your right foot to the side and facing right. Bring your arms forward in a slow sweeping action, stroking your left hand like a feather, palm down to your side, while your right hand, palm facing in, lifts up in the opposite direction. Continue this movement until your left leg is straight and your right knee bent and out to the side. Hold for a stretch on your left leg for 6 breaths.
- I** Slowly bring your weight back into your left leg, bending your left knee and lifting your right foot off the floor. Hold and balance as you slowly bring your hands back to holding your ball, right hand over left. Hold for 6 breaths.
- J** Relax your hands by your side and then return to step 'h' to repeat the sequence on the opposite side.

ALSO TRY: YOGA, PILATES
AND MEDITATION CLASSES

The Cool Down Session

This is ideal at the end of a longer workout or can be done on its own. If you have already been working out, lower your intensity by walking around the room for 2 - 3 minutes or do your workout at a much easier pace. Alternatively, do a couple of exercises from the 'Get Up and GO!' workout. Aim to gradually slow your pace and relax.

Now do the following stretches holding each one for 45 seconds. Take deep slow breaths and try to relax and hold your core muscles.

A CALF STRETCH

Lean against a wall with your arms outstretched in front, right leg bent in front and left leg straight behind you. Lean into the stretch and push your hips forward. You should be forming a straight line from your shoulder to your heel. Feel a stretch from the back of your left knee down to your ankle. Hold and change legs.

B FRONT THIGH STRETCH

Place your right hand on a wall or chair for support. Bend your left leg and hold onto your ankle behind you. If you can't reach, hold onto the back of your shoe or simply rest your lower leg on a chair with your leg bent in the same position. Push your hips forward and lift up your tummy. Hold and change sides.

C BACK OF THIGH STRETCH

Stretch your left leg out in front of you, resting your heel on the floor or a low stool/chair. Lean forward with a tall back, maintaining a neutral spine and rest your hands on your knees. Pull your tummy in and push your bottom back to feel a stretch in the back of your left thigh. Hold and change sides.

D BUM STRETCH

Hold onto a sturdy support – the kitchen sink is ideal! Cross your left ankle over your right thigh with your knee out to the side. Sit back into a squat position, keeping your back tall and tummy in. Feel a stretch deep into your bum. Hold and change sides.

E BACK STRETCH

Go into a half squat position, bending at the knees slightly, bottom back, hands on thighs. Hinge forward at the hips to bring your back into a horizontal position. Now curl your back up like a cat, dropping your tailbone and head. Slowly come back into a neutral position where your tail and head are lifted. Repeat slowly 2 – 4 times.

F CHEST STRETCH

Stand tall, take your hands behind you and place them in the small of your back. Squeeze your shoulder blades/elbows together. Alternatively, place your left forearm vertically on a wall, elbow bent at 90 degrees. Turn your torso away from your arm to feel a stretch in your shoulder and chest. Hold and change sides.

G TRICEP (BACK ARM) AND WAIST STRETCH

Take your left arm up and over your head and bend your elbow to bring your hand between your shoulder blades. Gently pull your elbow across to the right with your right hand. For an extra stretch, lift your left ribs away from your left hip to feel a stretch in your waist. Hold and change sides.

H NECK AND SHOULDER STRETCH

Draw your shoulders back and down, and gently take your head to the right, easing your right ear towards your right shoulder. For an extra stretch, press your left shoulder gently back and down with your right hand. Hold and change sides.

**ALSO TRY: STRETCH
AND RELAXATION
WORKOUTS AND YOGA**