

Knees Side-to-Side

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Core trunk muscles and Oblique abdominals

Lay on the back on a firm surface (floor, yoga mat), shoulders flat on the floor and arms out to the sides for support, knees bent and together with feet flat and shoulder width apart. This is the starting position. Keeping the head, neck and shoulders still on the mat, inhale, then exhale and lower the knees to one side in a controlled manner. Inhale and return to the starting position, and lower knees to the other side to complete one repetition. Focus on using the abdominals and upper thighs to lift the knees, instead of arching the back or pushing through the hands.

(You should feel no pain at your hips or knee joints-if so, discontinue exercise and consult your doctor to avoid further injury due to pre-existing conditions such as osteoarthritis, lower back or hip surgery.)

Continue for 2 sets of 8-15 reps.