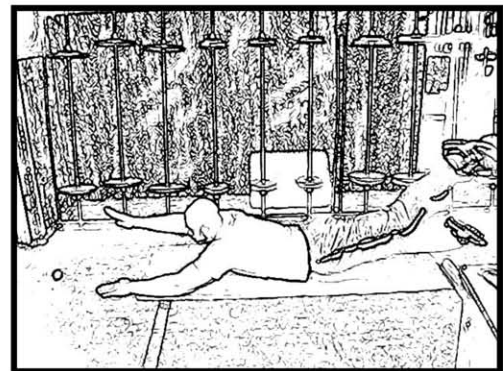
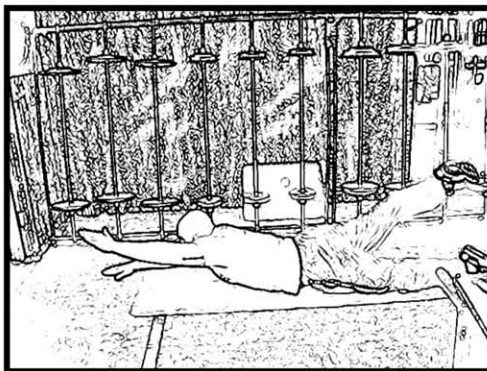
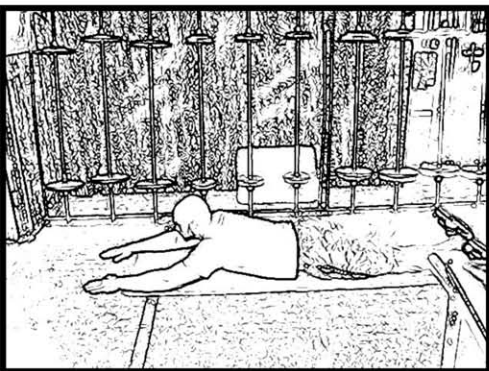


Lying Superman

- 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: Lower back and Spinal muscles

Lay flat on the stomach on a firm surface (floor, yoga mat), arms extended in front and legs extended behind, looking straight ahead. This is the starting position. Inhale, and keeping the head, neck and spine in line, exhale and raise both the Right arm and Left leg. Hold for 3 seconds, inhale then slowly lower limbs to the starting position. Repeat with the opposite limbs to complete one repetition. Lift the legs if there is pain in shoulders or upper arms.

(You should feel no pain at your hips, back 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.