

NIGHT FIT

Night-time exercises a human need.

It is normal to have 2 sleeps with a break in-between. Should you get up (e.g. to go to the toilet), on returning sit on the bed's edge, drink some water & do the following exercises (All exercises are done while sitting on the bed's edge knees shoulder-wide apart). Every-time you get up do a different exercise.

1st Exercise: Place the palms* of your hands against the outside of your knees. Press hands inward & knees outward, hold 7 seconds (You feel tension in arms, legs & shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use fists.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward & knees inward, hold 7 seconds (You feel tension in arms, legs & stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use flat palms.

3rd Exercise: Bend arms (90%) at chest level turn left hand up-wards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, & chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

4th Exercise: Bend arms (90%) at chest level turn left hand up-wards, turn right hand into fist. Place fist into hand & press down at the same time press open hand upwards, hold 7 seconds. Reverse sequence, hold 7 seconds (You feel tension in hands, arms, neck & chest). Relax, take a breath & sip of water lie down, sleep well. No repeats.

People with tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (You feel tension in arms, back & stomach). Relax, take a breath, 7repeats, sip water, lie down, sleep well.

Note! People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours.

1/3 of everyday is spent lying down, part of this entails sleeping.