

## C-G DAILY FIT

A human need.

Custodian-Guardian Daily-exercises increase: all-round well-being, blood-circulation, brain-activity, food digestion, mating-urge, muscle-toning, self-esteem, stimulation of immune system. **The 7 exercises are: Chest, Windmill, Door-frame, Dumbbell, Kneeling, Hook, Swivel. All 7 exercises are for HE & SHE & are repeated.**

Start with 1 repeat & increase to a maximum of 21. Use commonsense on how fast to reach maximum repeats. Persisting with daily repeats is beneficial. Exercising 21 repeats 1 day & not exercising the next is not beneficial. After finishing the exercises stand erect & breath in deeply then exhale to the maximum do this 3 times. Continue with your Daily-routine.

**Note !** Not exercising is a sign of total disregard for the body, low self-esteem, laziness,...

**Chest Exercise 1:** Stand tall, arms bent horizontal to the floor (**t-shape**) thumbs touching chest. Now move arms back as far as possible. Then move arms to the original bent position. **REPEAT (21 max) !**

**Windmill Exercise 2:** Stand tall, arms outstretched sideways horizontal to the floor (**t-shape**). Focus your vision on a single point straight ahead. Start turning clock-wise (**left to right**). Focusing on the vision point until the turning body forces you to lose it. Keep turning refocusing as soon as possible. Keep turning to the point of dizziness or 21 turns whichever comes 1st. Breath deeply walking a few steps steadying yourself. **Note!** Beginner or recovering from illness begin with 1 turn increasing to 21 turns max. **Warning, always stop when starting to feel dizzy.**

**Door-frame Exercise 3:** Stand erect in open door-frame with feet hip-width apart elbows bend upwards at right angle (**90° trident shape**). Press elbows against sides of door-frame until you feel tension between shoulder blades, hold (**count 3**), release tension. **REPEAT !** After releasing tension from the last repeat inhale through the nose evenly filling the lungs to max, hold (**count 3**), then slowly exhale through mouth to max.

**Dumbbell Exercise 4:** 1 dumbbell is used HE (4kg), SHE (2kg). **Don't use 2 Dumbbells.** Stand erect with feet hip-width apart elbows to your sides palms facing forward. Pick up dumbbell with left hand bending your elbow until the forearm is at right angle (**90°**). Slowly squeeze bicep, lifting dumbbell up towards shoulder, hold (**count 3**), then slowly lower dumbbell to starting position **repeat (1-7)**. Change to right arm **repeat (1-7)**. Do 3

left & 3 right.

**Kneeling Exercise 5:** Kneel on a prayer-mat (protect knees) body erect, hands firmly placed against buttock. Incline head forward until chin touches chest. Now slowly tip head back as far as it will go, at the same time lean back as far as possible keeping your hands firm on the buttocks. REPEAT (21 max) !

**Hook Exercise 6:** On a prayer-mat (protect from cold) lie flat on your back, extended arms palms down against body. Now slowly incline head forward extended arms palms down against body. Now slowly incline head forward until chin touches chest at the same time lift your legs, knees straight, vertical (90°) hold (count 3), then slowly return (head & legs) to beginning. REPEAT (21 max) !

**Swivel Exercise 7:** On a prayer-mat (protect from cold) lie flat on your back, extended arms palms down. Now bent knees heels touching buttock. Keeping palms firm on mat swivel knees to the right until they touch mat. Then swivel knees to the left touching the mat. Repeat right & left swivel counting each left swivel. Do 21!

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Celebrate, C-G N-At-m 'Good-health Day' 12.1.7. C-G Kalender

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

**It's your body! Keep it Fit!**

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**Not doing exercises:** makes you unfit, lazy, unhealthy, blubbery, a burden to yourself your family friends & community, a bad example to children, depressed, you be more sick, awkward mating, die junger.

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1God 1FAITH 1CHURCH Universe Custodian Guardians