

## Daily Fit (exercises)

Daily exercises a good health must, are part of the daily routine. They are completed every morning. 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 and 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 and not exercising the next is not beneficial. After finishing the exercises stand erect and 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. Move arms back as far as possible (don't snap). 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 clockwise (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 10), release tension. After releasing tension 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). Do not 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).



**Kneeling Exercise 5:** Kneel on a prayermat 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 prayermat (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 prayermat (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 and left swivel counting each left swivel. **Do 21!**

After completing daily fit. Have a glass (0.2l) of lightly chilled filtered water.

## Night-time exercises

It is normal to have 2 sleeps with a break in between. Should you get up (to go to the toilet...), on returning sit on the bed's edge, drink some water and do 1 of 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 upwards 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 upwards, 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 a 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, 7 repeats, 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. Finish with a glass (0.2l) of lightly chilled filtered water.

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

Part of daily fit is nourishment! How healthy we are, how long we live. Has a lot to do with our eating habit.

Feed 5 times a day:

'Breakfast, include Water, Herbs, Spices, Honey, Coffee,..

Early Day-snack, include Water, Fruit, Herbs, Tea,..

Lunch, include Water, salad, egg, Coffee,..

Late Day-snack, include Water, Nuts, Berries, Spices, Cocoa,..

Dinner'. include Water, Dinner theme, Tea or coffee.. Vegetables.

7 Foods that should be eaten daily: Fungi (mushroom), Grains (rye, barley, lentil, maize, oats, millet, quinoa, rice, sorghum, wheat), Hot Chilies, Onions (brown, green, red, spring, chives, garlic, leek), Parsley, Sweet-Capsicum, Vegetables (asparagus, beans, broccoli, cauliflower, carrots, peas, sprouts..)