

- 1. Do wake-up stretches in the morning for a few minutes. This limbers your joints and energizes your muscles. This is a full body stretch where the toes are pointed and arms are stretched overhead.
- 2. Stretch at your desk. This reduces muscle tension, gets your circulation moving and prepares you for more strenuous activity later. If possible try to join both hands behind you. Pull & hold for 10- 30 seconds. This stretch increases the flexibility of arms & shoulder blades, opens the chest & improves the respiration. It also tones & shapes the back & helps in the cases of cervical too.
- 3. This stretch can be done sitting on a chair or your car seat too. Place hands behind you & lift the sternum. It improves the posture of the back & curvature of the spine.
- 4. This is my favorite stretch that can even be done in a car seat or aircraft. Many of the back problems arise due to tight hamstrings. This is a great hamstring stretch. It helps to remove excess fat on the thighs & increases the flexibility of the hip joints.
- 5. Fight afternoon fatigue with a stretch break and practice deep breathing for five minutes. This cools the body by lowering the temperature & reduces the anxiety & stress. It relaxes and balances the whole body. Keep your back straight & meditate for a while.
- 6. This is called Anulom Vilom or alternate nostril breathing. It increases the supply of oxygen to blood & purifies it by expelling the toxins. This also helps to increase concentration & reduce stress.
- 7. **Strength Training, the Most Time-Efficient Way to Better Fitness** I'm sure that you have come across articles telling you how great strength-training is (a.k.a. resistance training, weight training). Well believe them, because they are true. If you're looking for a really quick, easy and efficient way to better fitness, this is it. You can add muscle or tone up what you already have, effectively drop extra body fat, and prevent or even reverse certain diseases, all in 1/2 hour, twice a week! You don't need fancy equipment, elaborate exercises, or a membership at a gym. There is a simple, safe and inexpensive ways to train at home...the Simple Fitness Solutions Strength-Training Kit.
- 8. Try therapeutic balls. The revolutionary way to tone, lengthen & realign your body. Body rolling is an exercise program that you do with a ball. It is a workout, a massage and a chiropractic session all in one. What makes it special is that you achieve phenomenal results in your first session.
- 9. Swiss ball is an excellent way to get well defined abdominals in the shortest possible time. It is the same crunches that you do on the floor. But this time the spine is well supported by the ball, the hamstrings & hip flexors get activated. Hence you achieve those fabulous six pack abs in a jiffy.
- 10. Never neglect your arms. Try push ups. It could be on floor, on ball or even against the wall. Get in shape.
- 11. Listen to music while you workout on the step bench. Step is great cardio workout. It burns lots of calories and provides amazing aerobic workout. Do remember to wear right shoes while doing step.