



# Living Minutes for the Body

Living Minutes Academy

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[LivingMinutes.com](http://LivingMinutes.com)

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# A Minute for your body

- ▶ Many people feel they don't have the time to take care of their bodies, thinking they have to spend several hours a week in a gym or something similar
  - ▶ Extended, cardiovascular activity is indeed great and should be done several times a week – but, if you can't do that, then try doing it one Minute at a time
- ▶ JAM! contains 34 exercises, stretches, or other activities to help you start helping your body

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# PARK FARAWAY

 Minute 46



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MINUTE



# ***MINUTE 61 CALF RAISES***

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**BODY**

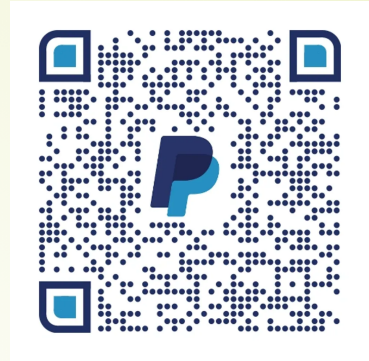
**LM!**



# Interesting Fact - Stretching

- ▶ Twisting stretches are great for blood circulation!
  - ▶ It helps circulate venous blood
    - ▶ Low oxygen, pH, nutrients
  - ▶ Allows more oxygenated blood to flow into the body following the release of the twist
  - ▶ Inverted stretches help circulate venous blood flow from the legs back to your heart and lung region to become freshly oxygenated
- ▶ Consider adding some twisting stretches to your Living Minutes collection!

# Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



# Your Mission



## *Living Minutes for your body*

- Find five (5) Living Minutes for your body from Just a Minute! (or make up your own) that you will incorporate into your daily life, beginning this week.