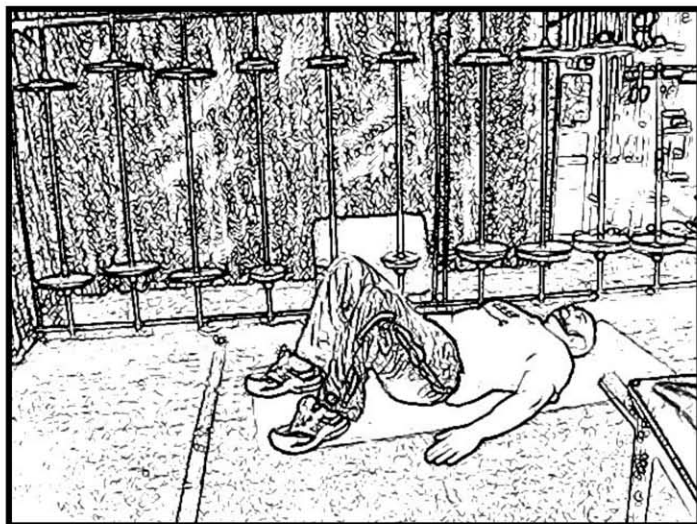


# Bridges

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Core, Butt and leg muscles

Lay on the back on a firm surface (floor, yoga mat) with shoulders flat, arms down at the sides and knees bent with feet flat and shoulder width apart. This is the starting position. Inhale, then exhale and lift the hips toward the ceiling, hold for 3 seconds, inhale and slowly return to the starting position for one repetition. Focus on using the core and leg muscles to lift the hips, and avoid pushing through the hands or arching the back.

(You should feel no pain at your hips or knee joints-if so, discontinue exercise and consult your doctor to avoid further injury due to pre-existing conditions such as osteoarthritis, lower back or hip surgery.)

Complete 2 sets of 8-15 reps.