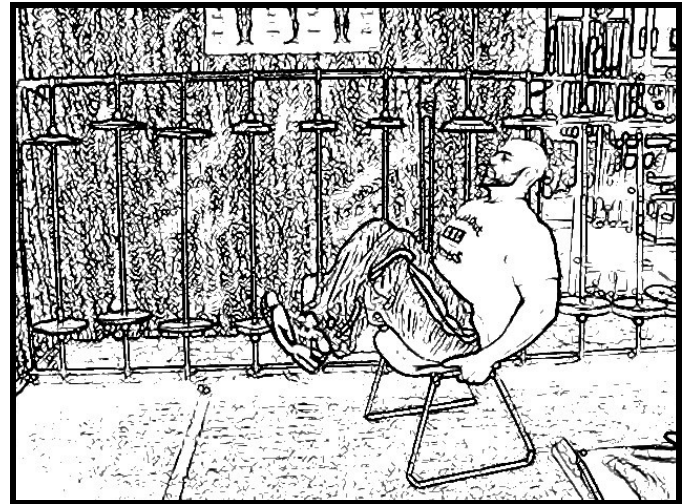
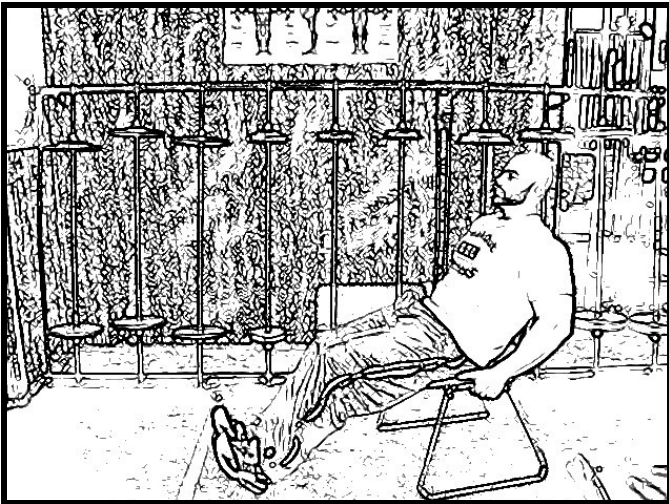


Knees to Chest

- 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: Abdominal and Thigh muscles

Sit toward the edge of a sturdy chair with legs extended and toes toward the ceiling, hold the sides of the chair or fold arms across the chest, resting shoulder blades on chair. This is the starting position. Inhale, then exhale and lift the knees toward the chest, inhale and slowly return to the starting position for one repetition. Focus on using only the abdominals and thigh muscles to lift the knees, never 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.)

Continue for 2 sets of 8-15 reps.

