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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Some Daily Exercises**

**By AyurvedicCure.com**

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Body Workout –Some Exercises

Firm your Buttocks:

Lie straight on your side, supporting your head with your hand. Bend the lower knee, keeping foot in line with hips. With your top leg straight, flex your foot. Breathe out and move top leg forwards to line up knees. Breathe in as you lift top leg. Breathe out, lower and stretch it back as far as you can without moving your upper body. Repeat five times on each side.

Tone Your Thighs:

When you wake up, lick–start your body's detox process by sipping a cup of warm water with lemon. Work your legs during the day, too: Climb stairs, don't take lifts.

Support your back:

Lie on your stomach with feet relaxed, arms above head, hands just wider apart than shoulders. Keep feet on the floor and eyes fixed on a point ahead as you gently lift your head and press hips and elbows into the floor. Breathe in as you lift; breathe out as you slowly come down. Repeat 10 times

Flatten your stomach:

Sitting down, pull in your stomach muscles without tilting your pelvis and stay tall and straight. While standing, keep feet hip-width apart and weight centered –don't tilt forwards or sink backwards. Relax your arms –your hands will naturally fall just in front of your body. Rock your head gently till it falls into a comfortable neutral balance.

Strengthen Arms:

## Some Daily Exercises

Do these exercises thrice a week. Start with 10 push ups, then 20 dips; Sit on a chair, grip the edge of the seat, fingers forward. Slide bottom forwards, off the seat, so your knees are in line with ankles. Breathe in and dip –bend arms without pinching shoulders. Breathe out as you again straighten up. You should feel it in the back of your arms, not your thighs.

Get Walking:

Even five minutes brisk walking lowers your cholesterol level and blood pressure, increases bone density, stimulates brain power, fights flab...And you feel great afterwards.

Read More at:

<http://www.ayurvediccure.com>

<http://www.health-beauty-guide.com>

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### **Stretching exercises**

**By John Gibb**

Stretching exercises are important before you begin your workout. Always remember to stretch before and after your workout. Stretching exercises also give you health and fitness by making you more flexible.

This helps you in all sorts of exercises, even running, you will find stretching the leg muscles daily will give you better performance at fitness exercises such as running.

Remember for optimal health and fitness always perform stretches, as we mature we become more and more less flexible, this is why it is good to stretch daily.

Stretching exercises for health and fitness are very easy to perform. The normal ones for legs such as touching the toes and hamstring stretches are your most common stretches. For arms you can do anything from arm twists. For your upper body a great stretching exercise is to perform twists side to side with a weightless barbell behind your neck. If you are pursuing martial arts or want excellent flexibility in the legs then you can perform the splits each day, take it very easy when doing this if you are new to exercise, pushing your self could result in severe pain, and in some cases, even damage.

Visit

for further information.

## Some Daily Exercises

John Gibb is the webmaster of several websites.

is his latest addition.

Stretching exercises

Aerobic Work-Out

Know Your Muscle Building Exercises – The Shoulders

Know Your Muscle Building Exercises – The Legs

Know Your Muscle Building Exercises – The Back

How to play a Guitar

Stress The Silent Killer

DOS Made Easy

All Christian Writings

Understanding Incontinence



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