

# Daily Dozen Exercises

Here are 12 basic exercises that will help keep you healthy.

## 1. Picking Fruit

Similar to gentle jogging on the spot with hands picking fruit off the tree above head with alternating hands. Do 10 times with each hand.

## 2. Shoulder Shrugs

Raise shoulders, rotate backwards – do 10 times. Raise shoulders, rotate forwards – do 10 times

## 3. Chopping Wood

Feet shoulder width apart, knees slightly bent., clasp hands above head and strike down with hands to chop the wood, swinging arms between legs. Repeat 5 times.

## 4. Arm Rotations

Rotate one arm at a time, first in a backward direction 10 times. Then rotate in a forward direction 10 times. Repeat with other arm.

## 5. Side Bends

Raise one arm over top of head and bend to side at the waist, pushing over the head with the raised arm. Return to center and repeat with other arm. Do this 10 times on each side.

## 6. Knee Bends on Toes

Legs slightly apart, go up onto toes and then bend at the knees as far as possible. Straighten knees. Do 10 times.

## 7. Around the Clock

Hands together above the head and feet well apart. Rotate arms through a full circle bending at the waist and touching the floor on the downward motion. Do this 10 times in each direction.

## 8. Face Massage

a) **FOREHEAD**, using 1 finger of each hand, massage both sides of forehead with an outward motion. Do 10 times. (Imagine smoothing out the wrinkles)

b) **EYEBROWS**, with one finger of each hand, massage along the eyebrows from center to the outside. Do 10 times.

c) **EYES**, place one finger of each hand on inner bridge of nose by the corner of eye, and massage gently with a circular motion 6 times one way and 8 times the other way.

d) **NASAL PASSAGE**, massage each side of nasal passage with a downward and outward stroke. Do 6 times.

e) **TEMPLES**, massage each temple with a circular motion. Do 6 times one way and 6 times the other way.

f) **EARS**, massage all around the ear lobes, inside and outer, squeezing and pulling. Do for 1 minute.

g) **EARS**, cup hands over ears and press and release 6 times.

## 9. Hula Hoop

Stand with legs apart, knees slightly bent. Rotate lower body as if using the hula hoop. Do 10 times in each direction.

## 10. Spinal twist

Legs apart, knees slightly bent, arms out to side and at 45 degree angle. Swing to one side gently tapping the kidney areas. Then swing around to the opposite side. Do this 10 times.

## 11. Good Morning Exercise

Stand with feet together and raise up on toes and raise hands above head, squeezing the buttock muscles and arching the spine. Bend forward and touch floor. (It's OK to bend the knees) Straighten up and lower onto feet and rock back on heels. Repeat 2 more times.

## 12. Flat Foot Squats

Feet shoulder width apart, toes pointing out 30 degrees. Squat down keeping heels on ground, extending arms straight cut in front for balance. Exhale and come erect, inhaling deeply. Repeat 6 times.