

# Mobility and Exercise

Start the day with Meditation, Pranayama, Yoga and 15-20 minutes of high-low impact exercise routine. Keep one hour of time for yourself first thing every morning to pursue these essential activities.

Exercise Routine: High/Low Impact Exercise and Mobility whole day High/Low Impact exercise for 15-20 mins in the morning followed by 7- 10,000 steps (2.5-3 miles) throughout the day will meet the exercise needs of the day.

## Start the day with 3 x 3 High/Low Impact Routine

The 3 x 3 means three aerobic routines of 3 minutes each, three stretches between aerobic, in a 3 x 3 feet space, in the comfort of your own home. No need for a fancy health club or a trainer. Omit the steps you cannot do because of physical limitation. The steps of High/Low impact routine are as follows:

1. **Start with neck stretches** – Bend the neck forward, backward, sideways and rotation in a clockwise and anticlockwise direction, while breathing slowly and deeply. These exercises help people who have cervical (neck) disc problems with pain and dizziness.

2. **Running** – Three minutes (or to the count of 300) of aerobic exercise with running stationary within 3-foot space (on a mat). Pick up speed as you go on, based on your capacity. Start with arms swinging by the sides with elbows bent, boosting shoulder mobility. After a count of 200, stretch the arms overhead, continue running until the count of 300 is completed.

Follow the 3 minutes of the running routine with three stretch exercises.

- i. **Palm Tree Pose** – Stand with feet slightly apart, arms by the sides. Breathing in, raise the arms over the head, simultaneously going on your toes. Interlock fingers and turn palm facing the ceiling, spine straight and eyes looking straight ahead. You will be steadier if arms are slightly behind the ears. Stretch the whole body fully, holding in the breath, to the count of 10. Breathe out, lower the heels, and bring the arms by the side. Relax and repeat ten times.
- ii. **Swaying Palm Tree Pose** – Stand with feet slightly apart looking straight ahead, Interlock the fingers palm facing upwards as in palm tree pose. While breathing in, raise the arms over the head, and breathing out, bend the arms to one side of the waist. Stay in this position breathing normally up to a count of 10. Breathing out, come to the starting, arms in the center position. Again, take a deep breath in and repeat the same routine on the other side of the waist. Repeat this two-sided routine for ten cycles.
- iii. **Hand to Feet Pose** – Keep the feet slightly apart. Take a deep breath in and take arms above the head. Breathe out and bend forward, bringing the hands down to the toes without straining the back. Avoid this stretch step if you have back

problems like sciatica. After the above three stretches, cool down by marching with arms swinging by the side, raising the knees high up to the count of 100.

3. **Squats** – Individuals with knee and hip arthritis cannot do this exercise. Stand straight with feet comfortably apart. Turn the feet outwards at a 30-degree angle, interlocking the fingers loosely in front of the body. Breathing in slowly, bend the knees and lower the buttocks, keeping the back straight. Maintain the squat position to count of 5-10, then breathing out straighten the knees and rise to an upright position. Repeat the routine. Start with ten squats in the beginning and over a period build up gradually to fifty squats.

Follow the squat routine with the cooldown marching routine as above up to a count of 100. Follow with three stretch exercises:

- i. **Triangle position** – Stand upright with feet comfortably apart. Breathing in, raise the arms sideways in a T position at shoulder level. Breathing out, bend sideways touching right foot with the right hand, keeping both the arms stretched in a straight line. While breathing in return back to the starting (T) position. Breathing out, repeat the routine on the other side, with left hand similarly touching the left foot. Repeat ten times are coordinating with the breathing every time.
- ii. **Swinging forward position** – Stand upright with feet comfortably apart. Breathing in, raise the arms overhead keeping the elbows straight. Breathing out, bend down and swing the arms between the legs. Do not strain the back. Avoid these stretches if you have back problems.
- iii. **Spine and Pelvis twist** – Stand upright with feet comfortably apart. Interlock the hands with palms facing outward; arms stretched forward in front of the body. Breathing normally, rotate the hip, thighs, and spine in a clockwise and anti-clockwise direction (as in belly dancing). Repeat the routine ten times.

4. **Arm and Leg swinging routine** – Raise the right arm and right leg together then come back, then switch to the left side in quick succession. Start with 10 and then slowly over time build up to 50-100 swings based on your physical capacity.

Finally, cool off with the marching routine to the count of 100