

This exercise is designed to help strengthen your bones.

# Simple Stretches



PINNACLE  
Website: [www.pinpharm.co.za](http://www.pinpharm.co.za)

Use these simple stretches as "quick-fix" exercises that can be done in any spare moments you might have.

1

Stand with your back straight and shoulders relaxed, using a chair for support. Bend your left leg back and hold your ankle. Keep your thigh straight and parallel to your right leg. Keep your knees together. Hold for 10 seconds. Repeat with the other leg.



2

Use a chair for balance and stand with your legs slightly bent. Step back with your left leg, keeping it straight. Hold this for 10 seconds. Repeat with the other leg.



3

Raise your left arm above your head, keeping your hand near to a right angle, palm flat. Twist your hand and your whole arm back and forth, almost as if you were changing a lightbulb. Do this for 30 seconds. Repeat with the other arm.



4

Cross both hands in front of your face, fingers straight. Bend and stretch each finger in turn so that they are almost touching the palm of your hand. Repeat this exercise on both hands three times.



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# "Prayer" Stretch

*These stretches are perfect for people who have a busy schedule.*

1

Hold your hands in front of you, palm to palm, as in prayer. Keep your lower arms horizontal and your elbows out to the side. Press your hands firmly together.



2

Keep your hands touching and move your fingers up and down so that they face upwards and downwards. Keep pushing your hands against each other. Repeat this 10 times.



## Stretching

You can, of course, incorporate a full exercise session into your life. However, my suggestion here is that you build some of the following exercises into your normal daily activities. A warm-up session is not always necessary. If you are out of practice, a few simple stretching exercises, such as these, will help improve your ability to be more physically active.

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# Rocking Feet



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*These are easy exercises that can be done while washing dishes, cooking or against any waist level counter.*

1

Stand upright, using a work unit, a kitchen counter or a chair for balance and keeping your back straight and your shoulders relaxed.



2

Raise yourself up on to your toes and hold for five seconds. Then release the weight back on to your heels. Repeat this 15 times.



## The heel fall

Stand up while talking on the phone. This is an excellent chance to fit in some bone-benefiting exercises. Stand on your toes and let your weight fall back on your heels. Start off gently and then with increasing vigor. You will feel the pressure throughout your skeleton, and this helps pump calcium into your bones.

## Easy exercises

Many people say they don't have time to do exercises. This is rarely true, even if you don't have time to go to a gym or do an organized exercise program. Use the time you spend watching television, standing in lines or waiting for the microwave to beep-time that would otherwise be wasted.

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# Chair Twist

*You can do this simple exercise while talking on the phone.*

- 1** Sit upright in your chair, keeping your buttocks firmly in place and your spine straight. Twist around to the right, using your right hand to pull you round, then back.



- 2** Change the phone to your right hand, if necessary, and swing round to the left, grasping the back of your chair with your left hand.



## Run, don't walk

As a child who ran everywhere as a matter of course, I recall feeling sorry for adults who could only walk. It took them so much longer to get places than it took me. I swore that I would continue to run all my life, and I still do. It may only be from the house to the garden. It may only be the couple of hundred yards from my car to my office. However little you can do, if possible, run. Many people fear looking silly, especially in the city when they are dressed up to look smart. Yet a small amount of gentle jogging need not rearrange your hairstyle nor work you up into a lather, and it will certainly be good for your health.

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