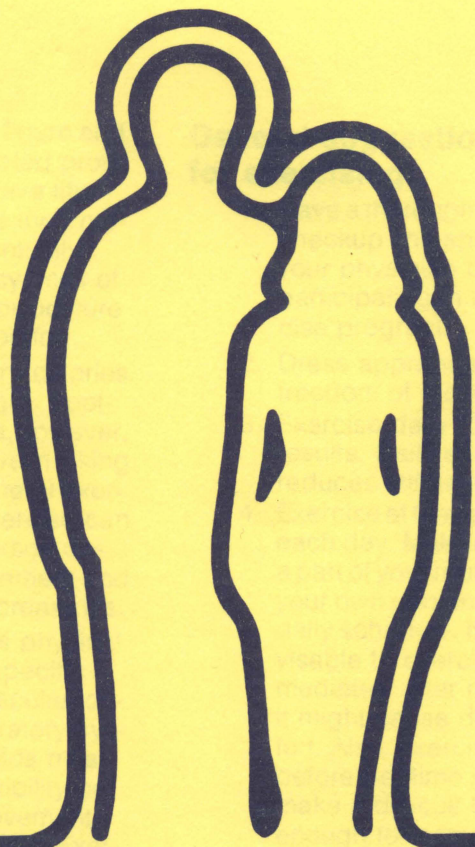


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SHAPE UP

**Nutrition Today -
Weight Control Tomorrow**



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SHAPE UP

Physical fitness, figure and weight are interrelated problems. With an inactive life-style, muscles lose their normal tone. This eventually leads to inefficiency, loss of physical vigor, poor posture and possibly discomfort.

All exercises burn calories and influence weight. Spot-reducing exercises, however, are no more effective in taking off inches than general exercise. The same exercise can help the flabby person decrease his measurement and help the thin one increase his.

Regular vigorous physical activity results in specific changes in the muscular, circulatory and respiratory systems. Exercise builds muscles, improves flexibility or coordination in movement and aids in relaxation. Exercise improves blood circulation and helps move oxygen to the cells. Thus, endurance is increased.

General suggestions for exercising

1. Have a thorough medical checkup and approval of your physician before participating in an exercise program.
2. Dress appropriately for freedom of movement.
3. Exercise daily for best results. Daily exercise reduces stiffness.
4. Exercise at the same time each day. Make exercise a part of your routine to fit your own personality and daily schedule. It is inadvisable to exercise immediately after meals as it might cause discomfort. Also, exercising just before bedtime may make it difficult to relax enough for easy sleep.
5. Find ample space with non-slip padding. About a 6-foot square is needed.

6. Perform exercises slowly without quick, jerky movements. This helps prevent soreness.
7. Breathe normally during exercise unless specified otherwise.
8. Start each exercise period with light exercise to warm up, then gradually work up to more vigorous exercises.
9. Keep exercise period short and organized to avoid boredom and discouragement.
10. Avoid doing just the easy exercises; pay attention to the weak areas.
11. Exercise with a friend or to music. Also, add variety to make it fun.
12. Do not worry about developing bulging muscles. This is highly improbable.
13. Avoid measuring immediately after exercising. Muscles tend to increase in size during and immediately after exercise.
14. Do not worry about increasing appetite with exercise. This increase would amount to very little, if at all.
15. Exercising during the menstrual period may give relief from menstrual cramps.
16. Exercise to develop the chest muscles. This, with good posture, enhances the figure. Since breasts are glandular rather than muscular, exercise does not increase or decrease the bustline.
17. End your exercises with a warm bath or shower to complete that "relaxed, well-being" feeling.
18. There is no "effortless" exercise. It takes hard work to firm up sagging muscles.

Walk. Of course, not all persons are able to start hard physical exercise, but they still need some kind of physical activity. Walking is one of the best ways to start a physical exercise program. As walking ability increases, you may be able to walk briskly or to run.

Begin by walking a half mile each day the first week. Then increase to $\frac{3}{4}$ mile each day the second week and so on.

Add $\frac{1}{4}$ mile to the daily walk each successive week (see chart, page 6).



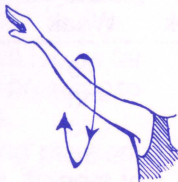
Walking

Stretch. On some days, it may not be possible to do routine exercises. On those days, do some simple stretch-

ing exercises. "Stretchers" help relieve aches and pains. Stretching exercises are shown below.



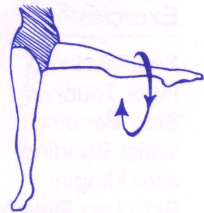
Head
Neck



Arms
Shoulders



Trunk



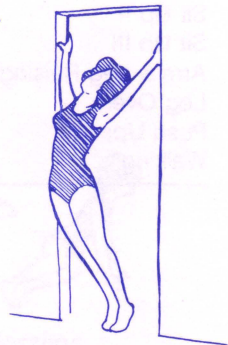
Legs



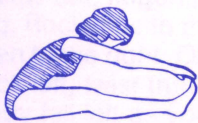
Feet
Toes

Stretch body (full range) and all its parts once per day.

Stretch all the way three times and hold 3 to 6 seconds.



Arms-shoulders



Back-legs



Hip-knee

Limber-up. Before exercising, it is good to relax muscles and prepare the body for physical activity. Do this by spreading feet apart, keeping knees straight and bending at the waistline. Let head and arms fall loosely forward.

Remain in this position for a few seconds, shaking the relaxed body like a rag doll. Return to upright position.



Limber-up

Rate of Progress

When starting an exercise program, start slowly. Use the chart as a guide. If stiff or sore or if overly short of breath at any time, slow down the rate

of progress, especially if middle-aged or older. Some exercises may be too strenuous, so select those you and your doctor feel you can do.

Progress Chart: The number across from each exercise refers to the number of times each should be done daily for that week. Harder exercises are added each succeeding week.

Exercise	1st Week	2nd Week	3rd Week	4th Week	5th + Week
Seat Walking	10	15	20	25	25
Floor Touching	5	10	15	20	20
Side Bending	5	8	10	15	15
Waist Bending	5	8	10	15	15
Arm Flinging	5	8	10	10	10
Side Leg Flinging	5	8	10	10	10
Knee Raising	—	5	10	10	10
Out & In	—	5	10	10	10
Sit Up I	—	5	5	—	—
Sit Up II	—	—	5	10	10
Sit Up III	—	—	—	5	10
Arm & Leg Raising	—	—	5	8	10
Leg Overs	—	—	5	8	10
Push Ups	—	—	5	8	10
Walking	½ mi.	¾ mi.	1 mi.	1¼ mi.	1½ mi.

Exercise Program

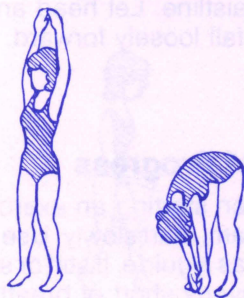
Seat Walking. Sit with legs straight and arms forward at shoulder height. Shift weight to left hip and move right hip and leg forward.

Reverse sides, walking eight motions forward and eight backward.



Seat Walking

Floor Touching. Stand erect with feet 12 inches apart and arms overhead. Bend forward to touch floor between feet. Bob up and down, touching floor a second time. Return to starting position.



Floor Touching

Side Bending. Stand erect with feet 12 inches apart, right arm extended over head, bent at elbow. Keep back straight; bend sideways from waist to left.

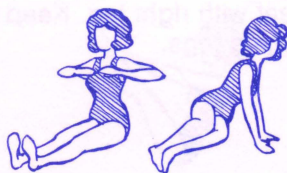
Slide hand down leg as far as possible, while pressing to left with right arm.

Return to starting position and change arms. Repeat to right. Continue by alternating from left to right.



Side Bending

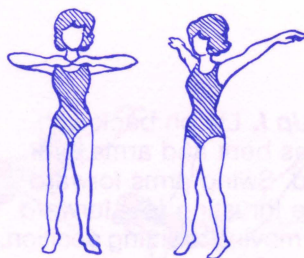
Waist Bending. Sit with legs extended and together, arms forward at shoulder height, palms out, fingertips touching. Rock hips to the left and then to the right. On the next rock left, twist trunk and let body fall left as you place both palms on the floor.



Waist Bending

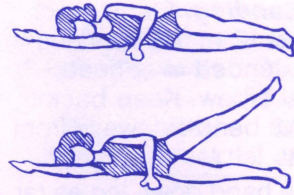
Arm Flinging. Stand erect with feet 12 inches apart, upper arms extended sideways at shoulder level, elbows bent, outstretched fingers touching in front of chest.

Press elbows backward and upward. Keep elbows up. Return arms to starting position, then fling hands and arms outward, backward and upward as far as possible. Return to starting position.



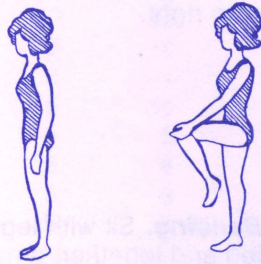
Arm Flinging

Side Leg Flinging. Lie on side with legs straight and lower arm stretched over head along floor, top arm used for balance. Raise upper leg 18 to 24 inches, then lower to starting position.



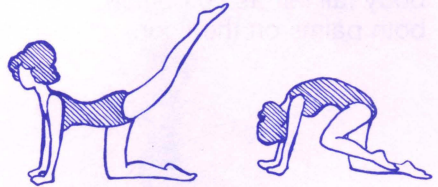
Side Leg Flinging

Knee Raising. Stand erect with feet together and arms to side. Raise left knee as high as possible holding knee and shin with hands. Pull leg against body, keeping back straight. Lower foot to floor. Repeat with right leg. Keep changing legs.



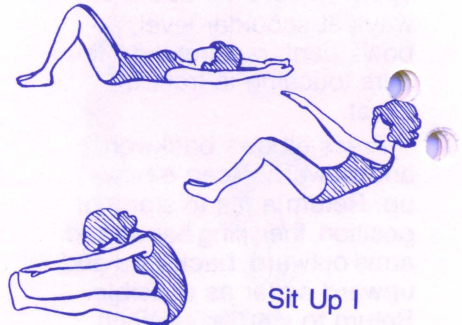
Knee Raising

Out and In. Start on hands and knees. Stretch one leg backward and high as the head lifts. Draw knee to chest as head drops. Alternate legs after five times.



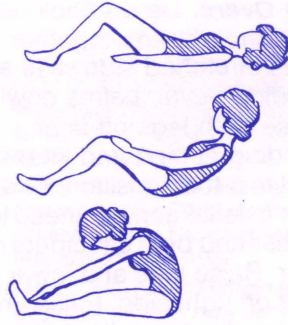
Out and In

Sit Up I. Lie on back with knees bent and arms over head. Swing arms forward while thrusting feet forward and moving to sitting position. Reach forward and touch toes with fingers. Return to starting position.



Sit Up I

Sit Up II. Lie on back with legs bent and together, arms along sides. Back should be curved as you move to a sitting position. Slide hands along legs reaching forward and press chest against thighs.



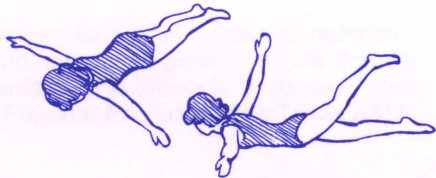
Sit Up II

Sit Up III. Lie on back with legs extended and arms overhead and elbows straight. Jack-knife to touch fingers to ankles, hold five counts, then return to starting position. Keep head and back in straight alignment and knees extended throughout.



Sit Up III

Arm and Leg Raising. Lie face down with legs straight and together and hands outstretched. Raise right arm and left leg as high as possible and lower. Then raise left arm and right leg as high as possible and lower. Continue alternating.

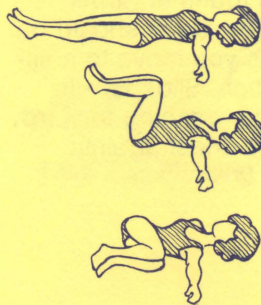


Arm and Leg Raising



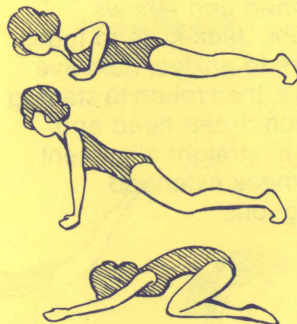
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Leg Overs. Lie on back with legs straight and together, arms stretched sideways at shoulder level, palms down. Raise both legs off floor, bending at hips and knees until in a tuck position. Lower legs to left, keeping knees together and both shoulders on floor. Raise legs and lower to floor on right side. Raise until perpendicular to floor, then return to starting position. Keep knees close to abdomen.



Leg Overs

Push Ups. Lie face down with legs straight and together and hands directly under shoulders. Push body off floor in any way possible while keeping hands and knees in contact with floor. Sit back on heels. Lower body to floor.



Push Ups

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