

EXERCISES FOR GARDENING

You should not do exercises if you have certain health problems. Check with your doctor before beginning any exercise program.

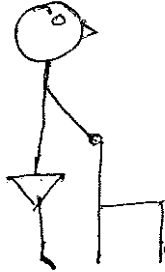
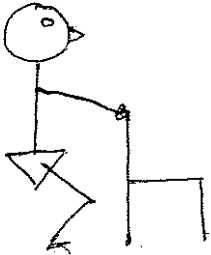
These exercises are from a variety of sources that I have used over the years in my practice as a physical therapist.

Start with 5 repetitions for each exercise below and gradually increase the number until you reach your personal maximum but don't exceed 10 repetitions, unless noted otherwise by an asterisk(*). You will know your personal maximum by how your body responds. Exercises should not cause you any pain. When using weights always use lighter weights than what you believe you are able to do. Stretching exercises should be done slowly and under control and do not force into pain.

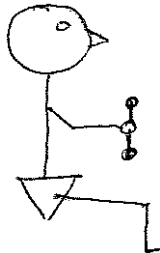
Do the exercise program once daily. If you find this is too difficult, do the legs and stomach exercises one day and the back, neck and shoulders the next.

LEGS

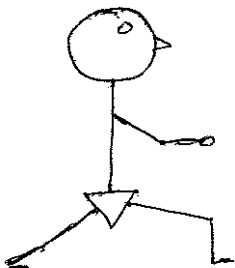
1. Standing, hands on table or chair for balance, legs shoulder width apart, bend at knees – hold for count of 5, then up on toes – hold for count of 5.



2. Standing, arms extended forward, with small weights in hands for balance, legs shoulder width apart, sit back rather than bending knees forward, try to keep lower legs (below the knees) vertical – hold for count of 5. Note: If you find this too difficult, do the exercise with your back against the wall.



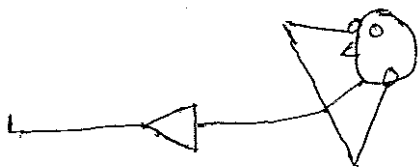
3. Standing, legs shoulder width apart, lunge forward with forward leg bending at the knee, try to keep lower forward leg vertical – hold for count of 5, return to starting position, do the same with the other leg.



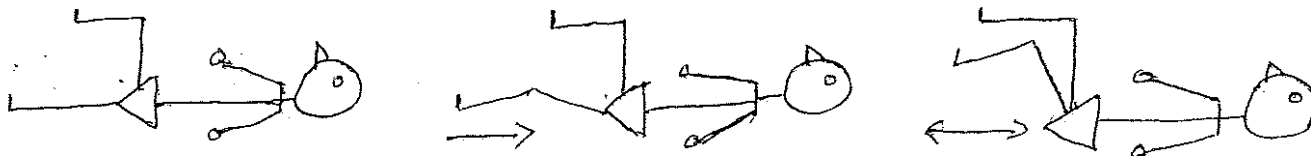
STOMACH

1. Standing, sitting, or lying down, pull in stomach muscles, squeeze buttocks together, don't hold your breath (Keep breathing!) Hold for count of 5. *You can do this exercise many times throughout the day.*

2. Lying on back, don't bend knees, arms away from sides to 90° at shoulders with elbows bent and hands at either side of head, raise head and shoulders without letting elbows come forward – hold for count of 5. Note: Don't try to come to a complete upright position.



3. Lying on back, arms down by sides, one leg bent to 90° at hip and knee, pull in stomach and keep low back flat against the floor, slide foot of other leg up until hip is at 90° and then slide foot back down until leg is resting back on floor, do 5 repetitions, switch legs.



BACK

1. Standing, hands on small of back, lean backward without bending knees - hold to count of 5. *You can do this exercise several times a day, particularly if you have been bending over in the garden.*

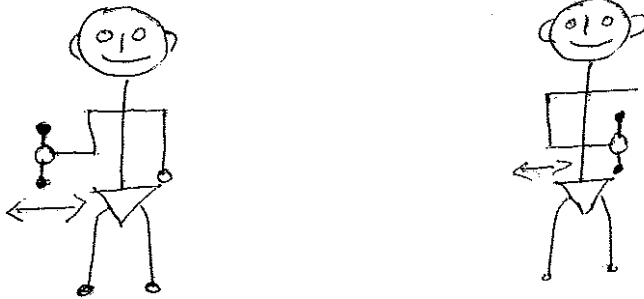
2. Lying on stomach in push-up position, raise upper body using arms, keep hips on floor, try to straighten arms, you should feel a stretch in the lower back – hold to count of 5.



SHOULDERS

1. Standing, arms down at sides, roll shoulders in a backwards directions. * It is not necessary to do more than 5 repetitions at one time.*

2. Standing, arms at sides, small weights in each hand, elbows bent to 90° keep elbows at sides, rotate lower arms (below elbow) so lower arms move away from body, then back across front of body. You can do arms separately or at the same time.



3. Standing, small weights in hands, arms away from side to 90° at shoulders, elbows also bent to 90°, rotate lower arms towards the sky, then toward the ground. You can do arms separately or at the same time.



4. Standing, hands clasped together, raise arms above head, reach for the sky.

5. Standing, reach one arm down the back, reach the other arm up the back, trying to touch hands behind the back. Switch arms.

NECK

It is not necessary to do more than 5 repetitions for each of the following neck exercises.

1. Standing or sitting, tuck chin in - hold for count of 5, relax.

2. Standing or sitting, turn head to the right taking chin toward right shoulder – hold for count of 5, turn head to the left taking chin toward the left shoulder – hold for count of 5.

3. Standing or sitting, take right ear toward right shoulder, keep eyes facing forward – hold for count of 5; take left ear toward left shoulder – hold for count of 5.