

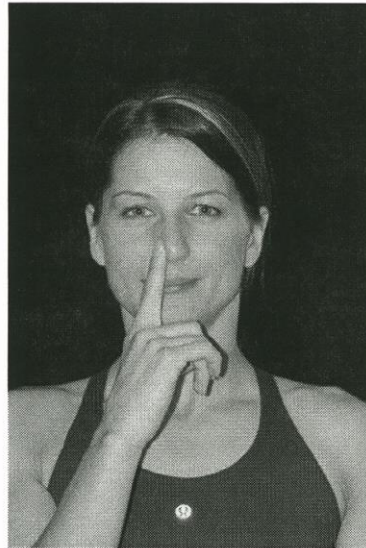
Cross Pattern Brain Stimulators – Alternate Nostril & Marching

Advice: Avoid pain. If an exercise causes you pain or other problems stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout when marching is crucial. Have someone with expertise have a look at you doing it before you introduce to your routine. Remember you need to aim for no more than 50% of your maximum.** See our 'Physical Rehab Advice' sheet for deciding on your reps.

Cross Pattern Brain Stimulators (Great for energizing at work!)

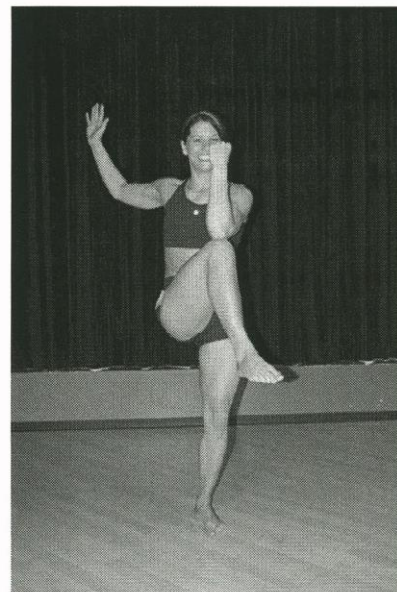
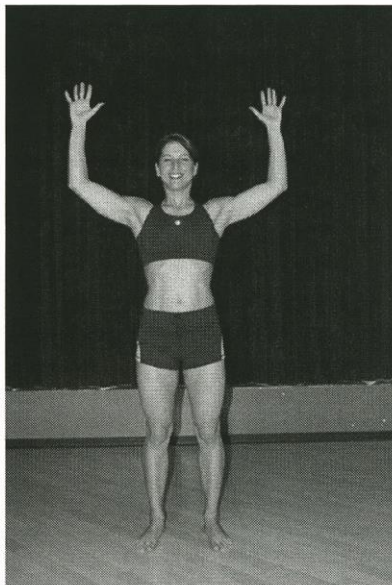
Alternate Nostril Breathing

Slowly and deeply inhale and exhale through one nostril.
Repeat with alternate nostril. Repeat ten times.



Crossover Marching

Start with feet shoulder width apart and hands above head. Bring arm and opposite leg together in front of your body at about mid abdominal level. Alternate sides as if marching on the spot in a rhythmic manner. Repeat ten times. Smile!



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