

Simple fun exercises for the home



#1 “JUMPING JACK”

The “jumping jack” is an exercise for the whole family to promote mobility, coordination and condition. For these reasons it is excellent as a warm-up exercise and for losing weight.

Starting position:

- Stand upright looking straight ahead
- Your feet are together
- Your arms hang down the side of your body
- Your palms point to your thighs

Execution:

- Bend your knees slightly
- Jump off the ground loosely and spread your legs slightly wider than shoulder width
- While jumping, move your arms quickly in an outer arc over your head (palms facing each other)
- Your hands can touch each other above your head (clap your hands above your head)
- Land shoulder-width on the balls of your feet
- Jump and swing back to the starting position

- Now do the jumps several times without pause

Version without jumping:

Sometimes you have to start slowly with something new, and this is an option:

- Instead of spreading both legs in a jumping movement, the legs are simply spread to the side one by one - the left and right leg alternate.
- It is also possible to bring the hands together behind the head or in front of the chest.

Tip for your exercise:

If you want to intensify the exercise, you can increase the training speed or simply put on weight cuffs.

#2 SHAKING MASSAGE

Have you been sitting too long, have you taken too few breaks or hardly moved at all? Start a “shaking party” with the whole family! With this loosening exercise and self-massage for the whole body, you will regain momentum, but also relaxation.

The shaking self-massage has a lasting effect from the inside out and balances tensions not only on a physical level, but also gets your thoughts and feelings going.

The benefits of this exercise: It can be

- done in a short time,
- done in between,
- enjoyed like a self-massage,
- used to experience overall relaxation,
- done alone, almost anytime and anywhere.

When shaking you loosen and strengthen the joints, muscles, tissues, thoughts and feelings. The

exercise promotes body awareness, activates the metabolism, releases energy blockages, stimulates blood circulation and simply makes you happy and vital. You can do it at any time, even if you have neck, shoulder or back pain. The shaking massage takes only 10 minutes a day. If you like, you can do it additionally 3 times a day for one minute.

Instructions for Step 1 (1 minute):

- Stand in an upright position
- Feet are shoulder-width apart
- With full contact to the ground
- Keep all your joints loose and slightly flexed
- Your mouth is slightly open
- Arms and shoulders hang down relaxed
- Close your eyes and look within.

Feel into the body, feel your feet, legs, knees, pelvis, buttocks, abdomen, trunk, neck, shoulders, arms and head. Perhaps you notice a tension, a blockage, a firmness, a pain, a restlessness, or does it feel good? Think for yourself what the shaking massage should do for you.

Instructions for Step 2: Shake and release (8 minutes):

- Start shaking when you have firm, full foot contact with the ground
- Bend and stretch your knees gently
- Bring a shaking movement like this into your body
- Swing your pelvis gently back and forth
- Bring a wave movement from the sacrum up the spine to the cervical spine
- Relax your head and neck
- The mouth is slightly open so that your neck and jaw can also loosen

You can support the whole thing with a long exhalation, a sigh or a groan. Just be. Stay with yourself and let the tension leave your body.

Instructions for Step 3: Let the effect last and be grateful (1 min.):

- How does your body feel now?
- Do you feel a tingling, streaming, flowing, warmth, vastness and more?

Very important: The exercise only works with bent knees and a firm ground contact of the feet. Only then can your pelvis move and swing back and forth easily. Close your eyes and stay with yourself. Staying with it is more important than the duration! Better to practice for 5 minutes than not at all. You can do this exercise in the evening instead of in the morning.

#3 TAP THE BODY



A stimulant for the whole body! This is an exercise to direct the consciousness to the whole body. It is ideal as a warm-up exercise or simply in between to stimulate the circulation. In the morning the tapping of the body is effective to start the day fit.

Starting position:

- Stand upright, feet shoulder width apart. Let your pelvis sink a little, as if you were “sitting on a cloud”.
- Raise your arms and imagine that you want to hug your loved one. Hold your arms horizontally and form a circle.

- Start with your left hand. Tap from the shoulder joint of the right arm along the inside of the arm to the fingertips of the right hand.
- Turn the right arm and tap from the fingertips over the back of the hand up the arm to the shoulder.
- Pat yourself on the shoulder a few times to release tension in the neck muscles.
- Tap once briefly on the back of the head, the vertex and the forehead.
- Now change the arm. Tap with your right hand from the shoulder joint of the left arm along the inside of the arm to the fingertips of your left hand.
- Turn the left arm and tap from the fingertips over the back of the hand up the arm to the shoulder, then the head (back of the head, vertex and forehead).
- Now place both palms of your hands as high as possible on your back and tap the rear side down to the heels.
- Tap the inside of the legs up to the groin, across the belly to the chest.
- Now tap your chest a few times to deepen your breathing.
- Now proceed diagonally. Start with your left hand on your right shoulder. Tap diagonally across the chest and stomach to the left hip and down the outside of the left leg to the foot. Then tap across the back of the foot, up the front of the left leg to the rib cage under the left chest.
- Now change sides and start with your right hand at your left shoulder. Tap diagonally across the chest and stomach to the right hip and along the outside of the right leg down to the foot. Then tap across the back of the foot up the front of the right leg to the rib cage under the right chest.

Repeat this tapping exercise 1 - 3 times. Depending on your needs, tap gently or more strongly or longer, just as you feel it is necessary at the respective place. **Instead of tapping the body, you can also do the whole thing with stroking.** This is an even gentler way of dealing with the body and the effect is also felt throughout the body.

#4 EAR KNEADING



Ear kneading promotes concentration and stimulates the body organs. Gently knead both ears with your fingers.

#5 TRAMPOLINE JUMPING



A daily light swinging or walking on the trampoline for a few minutes is enough to get all body fluids going. You train the body reaction, the exercise stimulates the lymphatic system and has a corresponding detoxifying effect, and along the way you get fit and the pounds drop by themselves.