



# The World Foundation for Natural Science

## The New World Franciscan Scientific Endeavour of The New World Church

*Restoring and Healing the World through Responsibility and Commitment in accord with Natural and Divine Law!*

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## ***Exercise at home – Easy activities to balance the body***

Our body is not made for sedentary life, movement is essential for our health. Most people generally spend too much time in a seated position, but this situation has now become even more acute with the restrictions imposed as a result of the coronavirus. The gyms are closed, the home workplace may not be ergonomically arranged, exercise in the fresh air is only possible to a limited extent or, if there is a curfew, not at all. Poor posture – especially of the pelvis, which forms the basis for upright statics – is almost pre-programmed, and tension in the shoulder, arm or neck area can also be the result.

Take a little time each day to realign your body and get back into balance.

Strengthening the centre also means improving health – the immune system –, well-being and quality of life, and balancing emotions. Even a few simple exercises will help you to free your body from any pain caused by incorrect posture and lack of movement, to gain more flexibility and to increase your awareness of your body.

We have put together a few tips for more exercise at home, in the home office and at work in the supplied instructions. The simple exercises are suitable for people of all ages and can be done alone or with the family. And of course it is worthwhile to do the exercises regularly even after Corona. Your body will be grateful!

**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

• How 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

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**SELF-HELP EXERCISES FOR RELAXATION**

**IDEAL FOR HOME OFFICE AND EVERYDAY LIFE**

Our body is an ingenious construction! A wonder of nature. We may stand on our feet, but the real core of the body is the pelvis. It forms the foundation for a good, upright posture. The body always wants to be aligned upwards and in a vertical position - therefore: Head up! Standing, running or lying down are natural movements and good for the pelvis. **But our body is not designed for "sitting"!**

When we sit on a chair or in a car, the hip joint rotates. It forms a right angle when sitting and when standing up, the pelvis should turn back to its original position. Often, however, pelvic-obliquity or poor posture remains, and this always has an effect on the balance of the whole body system, down to the feet as well as up to the shoulders, neck and head. Everything is connected - every tendon, every muscle and the entire bone system form a unit. The skeleton with the spine forms the statics and each vertebra and joint has its basic order and is in turn connected to the nervous system.

*Any disharmony in the statics leads to tension or pain!*

In order to realign the body, it is therefore always necessary to first bring the pelvis back into its natural position before turning to other parts of the body such as the neck, shoulders or knees. **The self-help exercises based on the DORN method are ideally suited for this.**

**Self-correction of the pelvis in a standing position**



The leg is lifted at a right angle. The hand lies exactly on the spot where the bone is located inside the leg. Now place the leg back on the ground next to the other foot while steadily pulling towards the head.

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