

Do it yourself – Simple Dynamic Exercises

By Irshad Mahmood – Director, Siraat-al-Mustaqeem Dawah Centre

<http://www.global-right-path.com>

Along with good diet, balanced 40 – 50 Minutes exercises are necessary to keep ourselves fit.

Do it yourself Dynamic Exercises are designed to help oneself keep fit without using any expensive equipment/tools.

Ask your doctor which part of exercises you can do on regular bases, if you have some health concern.

Before starting any of the exercises, one must need to do stretch first, as well as at the end.

Make sure to wear jogging/exercise shoes and make sure to do exercises regularly.

One Must AVOID all Sweet/Salty Greasy, Junky, Fatty and Oily Diets (Foods & Drinks).

Learn/Teach Martial Arts if you can to protect yourself. Women need it badly due to increase in violence against women.

By physically helping the needy you get two benefits, (you save your gym bills and get a great reward from Allah).

Do Dynamic Warm-up for 10 minutes a day:



Do Jump Rope for 10 minutes a day:



Do Jogging for 15 minutes a day:



Do Biking 15 minutes a day:



SPINAL FLEXIBILITY & STRETCHING EXERCISES
 Help to build strong muscles to support your neck and back. STRETCHING EXERCISES increase flexibility and movement of the joints of the body and spine. Do exercises 5 to 10 times, 2 times a week, and don't do any fast career pace.

<p>LYING</p> <p>Hand knees, lie on back with one knee bent, place your hands on your thighs and hips.</p> <p>Tighten your abdomen and buttocks, bring your lower back onto the floor. ACUTE - stretches and strengthens strength and back muscles.</p> <p>Turn both knees to one side while resting your head to the opposite side. ACUTE - stretches lower back, and back, muscles, and joints.</p> <p>Pull both knees to your chest. ACUTE - stretches lower back, buttocks and abdominal muscles.</p>	<p>LYING</p> <p>Lie on your back with one leg bent and the opposite leg straight out. Raise and lower your back to feel the floor.</p> <p>With knees bent, and a to your chest, keeping the opposite leg straight out. Raise and lower your back to feel the floor. ACUTE - stretches and strengthens back muscles and shoulder hip.</p> <p>Place your lower back against the floor while the straight leg, and a to your chest. ACUTE - stretches and strengthens lower back, muscles, and joints.</p>	<p>HANDS & KNEES</p> <p>While on your hands and knees, keep your knees directly under your hips. Push forward your upper body, keep your arms straight out and to the side. Hold for 10 seconds. ACUTE - stretches and strengthens upper back and neck muscles.</p> <p>Drop your head forward, round your shoulders, and your feet are straight out. Hold for 10 seconds. ACUTE - stretches and strengthens upper back and neck muscles.</p> <p>Drop your head forward, round your shoulders, and your feet are straight out. Hold for 10 seconds. ACUTE - stretches and strengthens upper back and neck muscles.</p>	<p>NECK FLEX</p> <p>Drop your head forward, round your shoulders, and your feet are straight out. Hold for 10 seconds. ACUTE - stretches and strengthens upper back and neck muscles.</p> <p>Drop your head forward, round your shoulders, and your feet are straight out. Hold for 10 seconds. ACUTE - stretches and strengthens upper back and neck muscles.</p> <p>Drop your head forward, round your shoulders, and your feet are straight out. Hold for 10 seconds. ACUTE - stretches and strengthens upper back and neck muscles.</p>
<p>PRONE</p> <p>Hand knees, lie on your stomach, pull one leg off the floor, while keeping the other leg straight out. ACUTE - stretches and strengthens lower back, muscles, and joints.</p> <p>Place your lower back against the floor while the straight leg, and a to your chest. ACUTE - stretches and strengthens lower back, muscles, and joints.</p> <p>Place your lower back against the floor while the straight leg, and a to your chest. ACUTE - stretches and strengthens lower back, muscles, and joints.</p>	<p>NECK STRENGTH</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p>	<p>NECK STRENGTH</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p>	<p>NECK STRENGTH</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p> <p>Place hands behind head, press your head back, raise and lower your head. ACUTE - stretches and strengthens neck muscles.</p>

TRAVELER'S STRETCHES
 APPROXIMATELY 2 MINUTES
 Stretch at various times throughout your journey to help your body feel less stiff and tight.

128 Routledge
 Drawing © 2009 by Bob and Ann Anderson, Fisher Publications, Inc.

Health is Wealth

http://www.global-right-path.com/Ummah-Reformer/MR_Health_Blood-Pressure_Chart.pdf

http://www.global-right-path.com/Ummah-Reformer/MR_Health_BMI_BP_BT_HR_Blood_Normal_Values.pdf

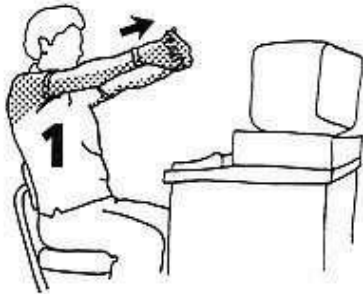
If you have any of the serious diseases like Alzheimer, Cancers, Diabetic, Heart Diseases, Kidney, Parkinson, Thyroid, etc. then make sure to visit specialist regularly. Insist your Family Doctor to send you at least once a year even if you are feeling better.

For Blood and other Laboratory Tests go directly to good recognized laboratory/test center, since these tests are key things to find issues about health problems.

Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10 – 20 Seconds
2 times



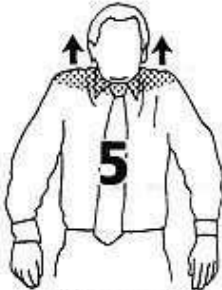
10 – 15 Seconds



8 – 10 Seconds
each side



15 – 20 Seconds



3 – 5 Seconds
3 times



10 – 12 Seconds
each arm



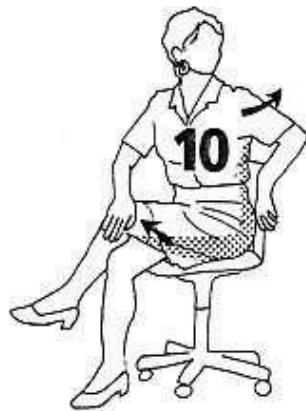
10 Seconds



10 Seconds



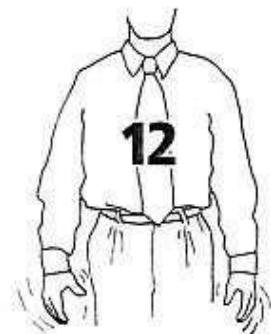
8 – 10 Seconds
each side



8 – 10 Seconds
each side



10 – 15 Seconds
2 times



Shake out hands
8 – 10 Seconds