

Do it yourself – Simple Dynamic Exercises

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<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 15 minutes a day:



Do Jump Rope for 15 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 that cause pain.

<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. ACROBATIC – stretches and strengthens strength and back muscle.</p> <p>Turn both knees to one side while resting your head to the opposite side. ACROBATIC – stretches lower back, and back, muscles, and joints.</p> <p>Pull both knees to your chest. ACROBATIC – 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 beat in the floor.</p> <p>With knee bent, and a to your chest, keeping the opposite leg straight. ACROBATIC – stretches and strengthens back muscles and shoulder leg.</p> <p>Place your lower back against the floor while the straight leg, and a to your chest. ACROBATIC – stretches and strengthens lower back, buttocks and abdominal muscles.</p>	<p>HANDS & KNEES</p> <p>While on your hands and knees, keep your knees directly under your feet. Push forward your feet, keep abdominal muscles firm, keep your chest straight and in line with your arms. Try to use your ears to line with your shoulders.</p> <p>Drop your head down and press your back upwards by tightening your abdomen. ACROBATIC – stretches abdominal and buttocks muscles and to stretch your lower and mid back.</p> <p>Round your stomach and buttocks muscles and allow your back to arch. Do the stretch on each ACROBATIC muscle and help maintain neutral back curve.</p>	<p>NECK FLEX</p> <p>Drop head forward, slowly. You will feel the stretch of your neck muscles.</p> <p>Slowly raise head backward and you will feel the stretch of your neck muscles.</p> <p>Slowly turn your head from side to side. Place the stretch on the side of your neck. Do one stretch.</p> <p>Tilt your head to one side. Try to be stretch the muscles on the side of your neck.</p>
<p>PRONE</p> <p>Stand on your stomach, raise one leg off the floor while keeping the knee straight from the knee to the ankle. Do the stretch on each ACROBATIC muscle and help maintain neutral back curve.</p> <p>Keep your neck in a normal position, bend forward as far as your knees. Keep feet and abdomen against floor. ACROBATIC – stretches abdominal muscles.</p>	<p>NECK STRENGTH</p> <p>Place hand on to palm. ACROBATIC – stretches neck muscles.</p> <p>Clasp hands behind head, stretch your neck. ACROBATIC – stretches neck muscles.</p> <p>Stretch one arm straight out in front of you while supporting your back and head position with other hand. Do the stretch on each ACROBATIC muscle and help maintain neutral back curve.</p> <p>Turn head to one side, reach with other hand your head.</p> <p>Tilt head to either side with motion with hand.</p>	<p>TRAVELER'S STRETCHES APPROXIMATELY 2 MINUTES</p> <p>Stretch at various times during your journey to help your body feel less stiff and tight.</p> <ol style="list-style-type: none"> 1-2 seconds with side leg up 2-3 seconds 2 times up 1-2 seconds up 5 seconds arm up (up) 10 seconds up 10 seconds up 8-10 seconds each side up 10 seconds up 10 seconds up 10 seconds up 10 seconds up 10 seconds up 	

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

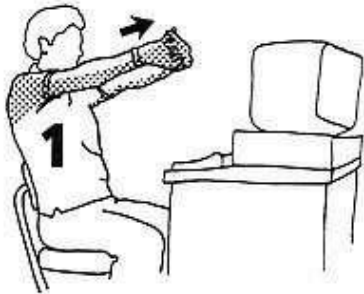
If you have any of the serious diseases like Alzheimer, Cancers, Diabetic, Heart Diseases, Kidney, Parkinson, Thyroid, etc. then make sure to visit specialist regularly. Insist your Family Doctor to send you at least once a year even if you are feeling better.

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



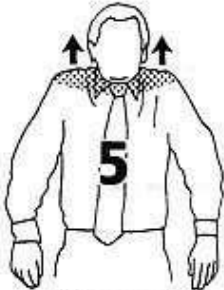
10 - 15 Seconds



8 - 10 Seconds
each side



15 - 20 Seconds



3 - 5 Seconds
3 times



10 - 12 Seconds
each arm



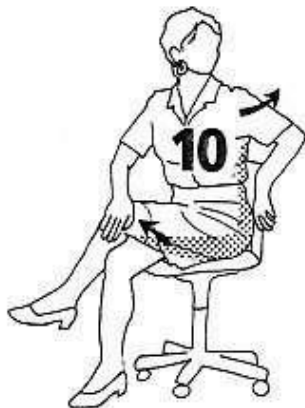
10 Seconds



10 Seconds



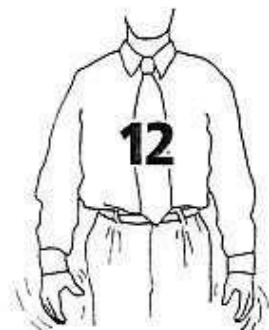
8 - 10 Seconds
each side



8 - 10 Seconds
each side



10 - 15 Seconds
2 times



Shake out hands
8 - 10 Seconds