

# ہر انسان کے لئے ورزش انتہائی ضروری

By Irshad Mahmood – Director, Siraat-al-Mustaqeem Dawah Centre  
<http://www.global-right-path.com>

کوئی قوم اس وقت تک ترقی نہیں کر سکتی جب تک کہ وہ قوم مکمل صحتمند نہ ہو۔ صحت کے لئے یہ بحد ضروری ہے کہ ہر کوئی با قایدہ ورزش کرے۔ کئی ورزشیں ایسی ہیں جس کے لئے کسی پیسے کی کوئی ضرورت نہیں مثال کے طور پر بغیر رسی کے اچھلنا کودنا۔

ہر تعلیمی ادارے اور کام پر پندرہ (۱۵) منٹ طلبہ و استاذہ اور کام کرنے والوں کو لازماً وقفہ دیا جائے۔

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**

Helps 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, 3 times a week, and don't do any that cause pain.

<p><b>LYING</b></p> <p>Stand knees, sit on back, lift a leg straight up. Then your hands on your thighs and feet.</p> <p>Higher than your shoulders and straighten. Pull your lower back onto the floor. <b>ACTIVE</b> — stretches and strengthens stomach and back muscles.</p> <p>Turn both knees to one side while keeping feet flat on the floor. <b>ACTIVE</b> — stretches lower back and back, shoulder, and spine.</p> <p>High back knees to other chest. <b>ACTIVE</b> — stretches lower back and back, shoulder, and spine.</p> <p>Stand, sit on floor, spread. Keep a straight line back to the wall. Do not arch your back. <b>ACTIVE</b> — stretches, tightens, and stretches upper leg muscles.</p> <p>Cross your arms, both your legs in, knees straight, back straight. Use hands behind head for support. <b>ACTIVE</b> — stretches, tightens, and stretches abdominal muscles.</p>	<p><b>LYING</b></p> <p>Lie on your back with one leg bent and the foot flat on the floor. Bend and hold your back to feel the floor.</p> <p>Bring knee back and to your chest, keeping the opposite leg straight, arms up. <b>ACTIVE</b> — stretches lower back muscles and shoulder leg.</p> <p>Prone back knees to other chest. <b>ACTIVE</b> — stretches, tightens, and stretches upper leg muscles.</p> <p>Prone back knees to other chest. <b>ACTIVE</b> — stretches, tightens, and stretches upper leg muscles.</p> <p>Prone back knees to other chest. <b>ACTIVE</b> — stretches, tightens, and stretches upper leg muscles.</p> <p>Prone back knees to other chest. <b>ACTIVE</b> — stretches, tightens, and stretches upper leg muscles.</p>	<p><b>HANDS &amp; KNEES</b></p> <p>While on your hands and knees, keep your hands directly under your hips, feet directly under your shoulders, your neck relaxed and in its normal position. Push up, with your arms in line with your spine.</p> <p>Drop your head down and press your chest towards the floor. <b>ACTIVE</b> — stretches abdominal and lumbar muscles and to stretch your lower and mid back.</p> <p>Place your shoulders and hips directly under your back to keep the neck, shoulders and lower back in a neutral position. <b>ACTIVE</b> — stretches abdominal and lumbar muscles and to stretch your lower and mid back.</p> <p>Stretch your arms straight out in front of you, holding a pencil in the floor. <b>ACTIVE</b> — stretches, tightens, and stretches your shoulder, upper back, abdomen and leg muscles.</p>	<p><b>NECK FLEX</b></p> <p>Slowly drop head back. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Slowly turn your head left, right, up, down. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Use your hand to pull your head to one side. This is to stretch the muscles on the side of your neck.</p>
<p><b>NECK STRENGTH</b></p> <p>Press forehead back, chin up. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Chin back, head down. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Turn head to one side. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Use hand to pull your neck. <b>ACTIVE</b> — stretches neck muscles.</p>		<p><b>NECK STRENGTH</b></p> <p>Press forehead back, chin up. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Chin back, head down. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Turn head to one side. <b>ACTIVE</b> — stretches neck muscles.</p> <p>Use hand to pull your neck. <b>ACTIVE</b> — stretches neck muscles.</p>	

**TRAVELLER'S STRETCHES**

APPROXIMATELY 2 MINUTES

Stretch at various times throughout your journey to help your body feel less stiff and tight.

126 Routledge

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