

# Age-Defying & Disease Defence Plan

## Strategy #3 – Get the Right Dose of Physical Activity

The recommendation is an accumulation of 30 minutes (equivalent to 3-10 minute bouts) or more of moderate intensity physical activity on most, preferably all, days of the week. In addition, incorporate a minimum of two muscular strength/endurance sessions to sustain required strength and impact on weight-bearing joints and support lean body fat to fat ratio.

Try some of these age-defying exercises.

Breathing into the abdomen as you extend it forward into the breastbone, creating length through the upper body. Exhale from deep in the abdomen relaxing in the spine and continue the slow controlled breathing.



Inhale, lift the spine; exhale and turn your head to look over your right arm. Take a few deep breaths through the nose. Hold the pose and breathe smooth. Repeat on other side.

Inhale, and with the exhale raise the hips up by pushing strongly into the floor with your feet. Keep the buttocks firm, and press the shoulders and arms into the floor. Only go to the height that you are comfortable with. Take a few nourishing breaths in this position, as you keep opening the chest and lengthening the torso.



Push the floor away from you hands, positioning your body like an inverted V, achieving a straight line from your hands to your shoulders to the hips. Keep arms and legs straight. As you inhale, press downward into your hands and lift outward out of the shoulders. Lift your head and torso back through the line of your body.