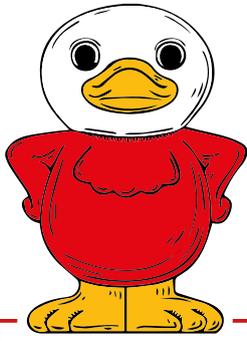


A little bit of exercise



## A little bit of exercise - **card 1**

You should be sitting upright on your chair with your feet next to each other.

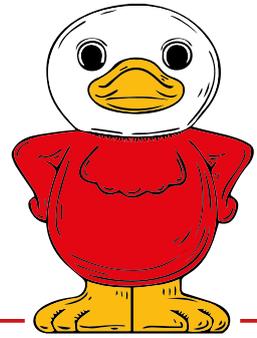
Put your hands on your thighs with the palms facing downward (closed position).

Turn your hands so that the palms are facing upward (open position).

Keep turning both hands from open to closed position and back again.

Afterwards, put one hand in open position and the other in closed position. Continue turning both hands one after the other.

## A little bit of exercise - **card 2**



Start by sitting upright on your chair.

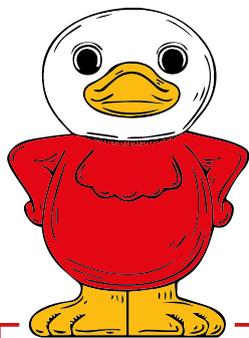
Put both hands on your stomach and take a deep breath.

Calmly and deeply exhale.

Take a deep breath...

While exhaling, pull in your belly button.

After fully exhaling, release.



## A little bit of exercise - **card 3**

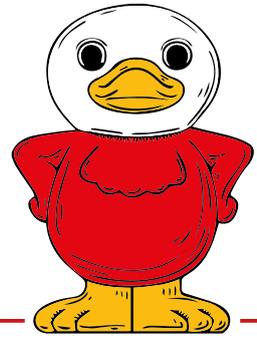
Sit upright on your chair and let your hands hang at the side of your body.

Look at the position of your hands.

Turn your thumbs forward (your arms included) and you should feel it in your shoulders.

You are now sitting perfectly upright!

This exercise can also be done standing up.



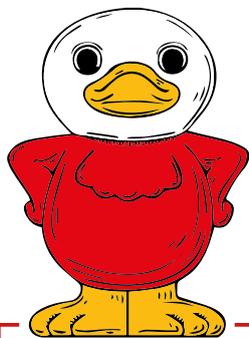
## A little bit of exercise - **card 4**

Before getting up in the morning, keep laying down for a little while longer...

Pull up your knees and put your feet on the mattress.

Gently move your knees from left to right and back to the left again.





## A little bit of exercise - **card 5**

Sitting on the edge of your bed.

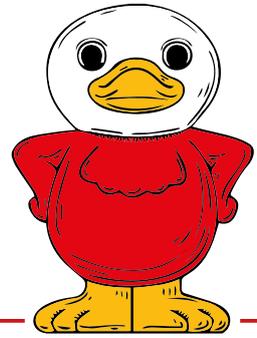
Roll your feet from your heel to the tip of your toes and back again to the heel.

(like the treadle sewing machine)

Activate your blood circulation: also a wonderful exercise in the evenings.



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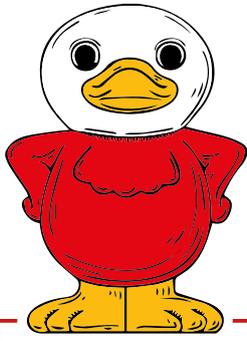
## A little bit of exercise - **card 6**

Shrugging your shoulders.

Pull up your right shoulder a number of times.

Afterwards do the same with your left shoulder, and keep alternating between the two.

Finally, do one at a time after one another.



## A little bit of exercise - **card 7**

Sit on the edge of your chair.

Lift your knees one at a time. At first a little bit and lifting it higher each time.

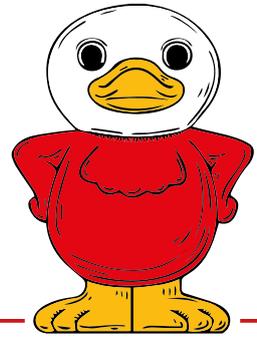
Lift your right knee a number of times and put down your foot each time.

Afterwards do the same with your left knee.

Finally, repeat the exercise without your feet touching the ground.

How many times can you do that?





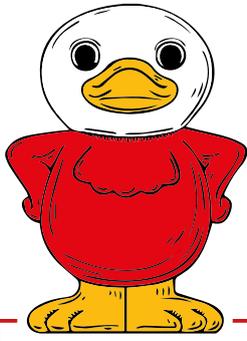
## A little bit of exercise - **card 8**

Sit down on your chair.

Put your hands on your thighs.

Make a fist with both hands and then stretch your fingers out again and then make a fist again. Repeat this process a number of times.

Afterwards do one hand first and then the other. So when one hand is a fist, the other is stretched out and vice versa.



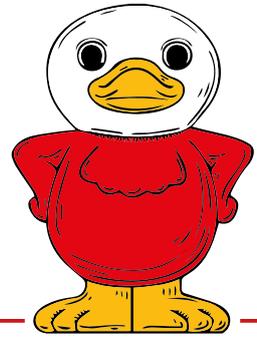
## A little bit of exercise - **card 9**

Sit upright in your chair.

Hold onto your stomach.

- Pull in your stomach (belly button) a bit.
- Next time pull it in a bit further.
- Finally “push” your hands into your stomach while pulling it in.

Try to feel which muscles are actually working.



## A little bit of exercise - **card 10**

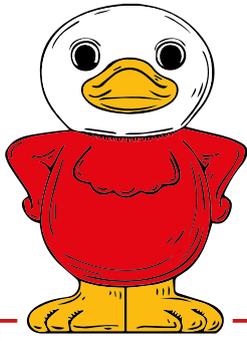
Whether you're not yet wearing shoes,  
or if you've already taken them off...

Stand on your tippy toes (ball of the  
foot) and back on to your flat feet.

Stand on your entire foot and lift the  
front of your foot.

Stand on your entire foot and lift just  
your toes.

On the chair: Sitting down and stepping  
on your flat feet, tapping your toes and  
dancing with your heels.



## A little bit of exercise - **card 11**

When you get up in the morning  
(but also throughout the day!)

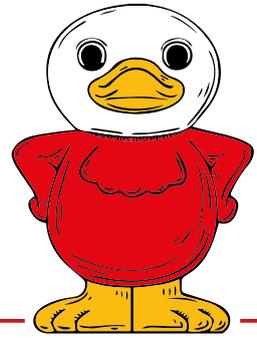
Stretch out entirely: keep one hand  
“flat” above your head.

Move your arm slowly upwards and  
stretch out your neck.

(Feel the stretching and start the day  
an inch “taller”)

Don't forget to do the same with your  
other hand.

## A little bit of exercise - **card 12**



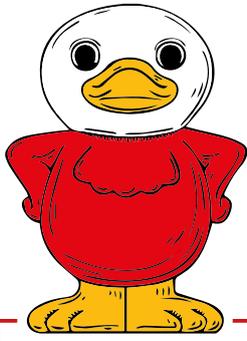
Before getting up in the morning...

Lay down just a while longer.

Stretch your legs up to the ceiling one at a time.

Turn your foot around your ankle in a small circle.

Also turn the other direction and do the same with your other foot.



## A little bit of exercise - **card 13**

Sit on the edge of your seat.

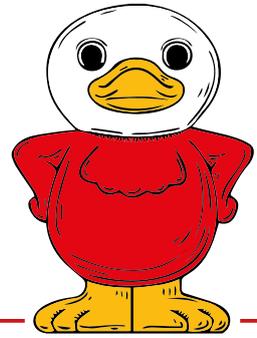
Put one foot slightly forward, the other foot slightly backwards (as if taking a small step).

Lift your knees and switch your feet one after the other.

Set down your feet every time and try to remain sitting upright every time.

Try to see how often you can do it without setting down your feet on the ground in between.

## A little bit of exercise - **card 14**



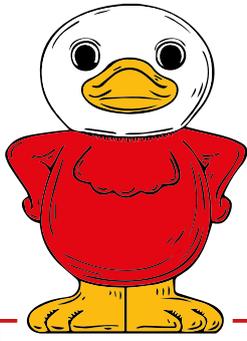
Nice to do when getting up in the morning, but you can do this exercise any time of the day.

Put your hands on your chest with the palms facing towards you.

“Sweep” your hands slowly outwards in the line of your shoulder until fully stretched (your hands should be turning automatically).

Make the same movement with “long” stretched fingers and stretched wrists and try to feel the difference.

Finally, make the same movements diagonally upwards with your palms turning outwards.



## A little bit of exercise - **card 15**

A royal posture.

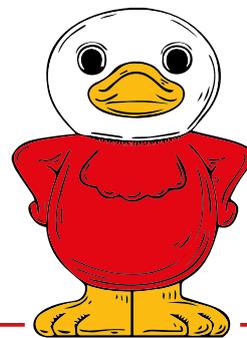
A royal nod left and right.

A royal wave with stretched wrists and stretched hands to the left and to the right.

You can do this sitting down or while on your royal walk.

Be sure to feel ROYAL!

## A little bit of exercise - **card 16**



Very conceited...

Sit upright on your chair. Put one hand at your knee and your other at your groin.

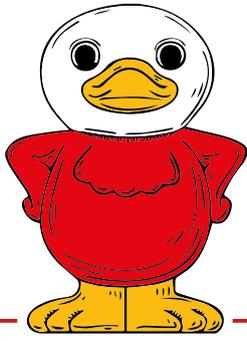
The fingers should be pointing forward fully stretched, not cramped.

Slide both hands at the same time, one goes forwards towards the knee, and the other hands backwards towards the groin and then back to the original position. Keep doing this a number of times.

Afterwards, "slide" both hands, while stretched, forwards calmly.

With every "sweep" sit up a bit straighter and look around very conceited!

Stretch out your neck and back as well.



## A little bit of exercise - **card 17**

Sit upright on your chair, just on the edge.

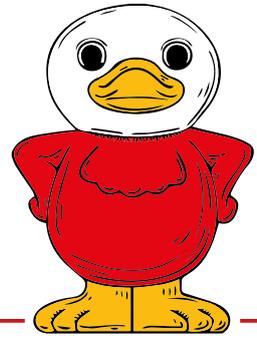
Put the palms of your hands and the fingers against each other.

- Stretch your fingers.
- Spread out your fingers and close them again.

Keep your hands and fingers against each other.

- Tap the thumbs against each other.
- Do the same with all of the other fingers, index, middle, ring and pinkies.

You will notice that the ring fingers are the most difficult!



## A little bit of exercise - **card 18**

Upright and let your hands hang alongside your body.

Feel the position of your shoulders...  
“slightly slouched”.

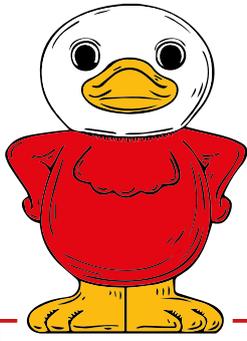
How do you straighten out the shoulders?

Lift your lower arms and stick out your thumbs.

Now try to feel the position of your shoulders again.

### **Tip:**

Taking walks with a backpack?  
Try sticking your thumbs between the bands!



## A little bit of exercise - **card 19**

Sit upright in your chair.

Lift your arms sideways until they are at shoulder height., but no higher. Your palms are facing downwards.

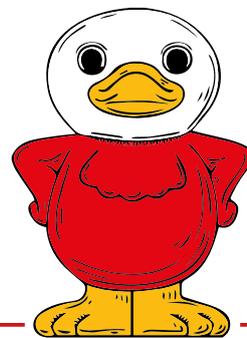
Turn your palms upwards, downwards, upwards, downwards... try doing this a number of times.

Lower your arms again calmly (put your hands in your lap and your arms will feel less heavy).

Repeat the exercise, but now use long, stretched fingers. Also try turning them one at a time.

Try feeling the difference in tension in your arms, but also the general difference... you are sitting upright again!

## A little bit of exercise - **card 20**



Sit upright in your chair.

Your feet should be in the extended position of your knees, pressing into the floor.

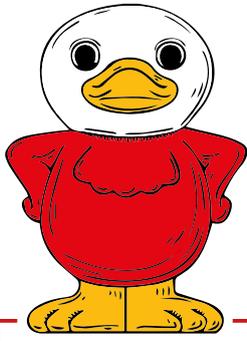
Try leaning into the back support minimally, but instead stretch out your back completely.

Scare off an animal with a nasty "KSSSSHT" sound.

Feel with your hands if your ribs aren't too far apart (as if closing a corset).

Keep the shoulder blades low, in a relaxed manner, and visualize a piece of fruit held between the shoulder blades. The neck should be long, your crown pointing towards the ceiling.

Calmly inhale and exhale. You can close your eyes if you want to.



## A little bit of exercise - **card 21**

Sit upright in your chair.

Relax all muscles.

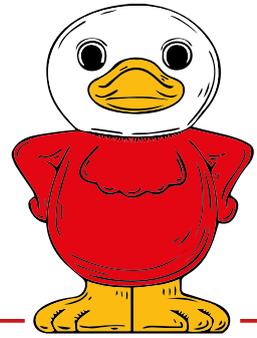
Put your feet firmly onto the floor.

Stretch out your entire body, slowly and bit by bit.

Next, stretch out your arms upwards and as far as possible, just as if you're waking up in the morning.

Calmly continue breathing and try to feel rested.

Now look around and feel proud of yourself.



## A little bit of exercise - **card 22**

### A Little Bit of Exercise - Card 22

Sit upright on your chair. (your ankles are always below your knees.)

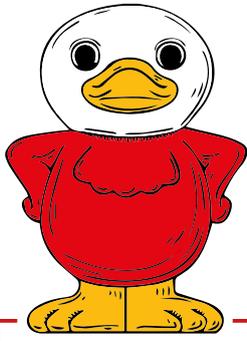
Put a toilet roll upright between your knees.

“Gently compress the roll slightly” and also release again. Try doing this without dropping the toilet roll.

Repeat a number of times.

Try to feel which muscles are involved. (stomach, legs, groin area).

And... you are sitting neatly upright again.



## A little bit of exercise - **card 23**

Sitting on the edge of your chair.

Put your hands on your knees and rotate your hands around your knees. This should be a perfect fit.

Gently rock back and forth. It's okay if your shoulders are slightly moving along.

Massage your shins.

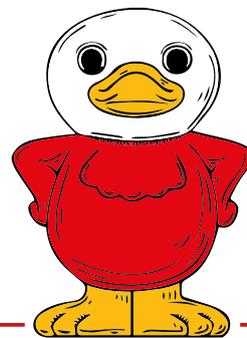
Put your hands in your lap. Gently rock back and forth. Also rock gently from left to right.



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## A little bit of exercise - **card 24**

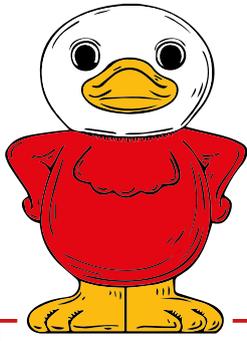


Before getting up in the morning,  
lay down just a while longer...

Laying down, stretch out your legs while  
carefully pulling your toes towards your  
shins. At first just a bit, and gradually go  
further and further.

Stretch your legs just a bit further one  
at a time. Do this while pulling your toes  
towards you. Try stretching your heel  
away while doing this (in other words,  
extend your leg).

Try to feel the small movements in  
your lower back.



## A little bit of exercise - **card 25**

Sit on the edge of your seat.

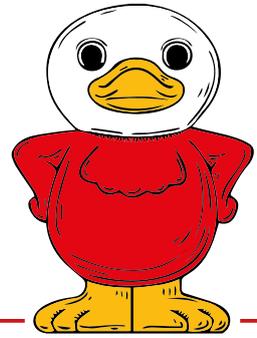
Stretch your right leg forwards,  
just above the ground and back again.  
Do the same thing with your left leg.

Now do the same exercise, except also  
use your right hand to point towards  
your right leg. When using your left leg,  
use your left hand to point at it.

Remember to fully stretch your arms  
while pointing.

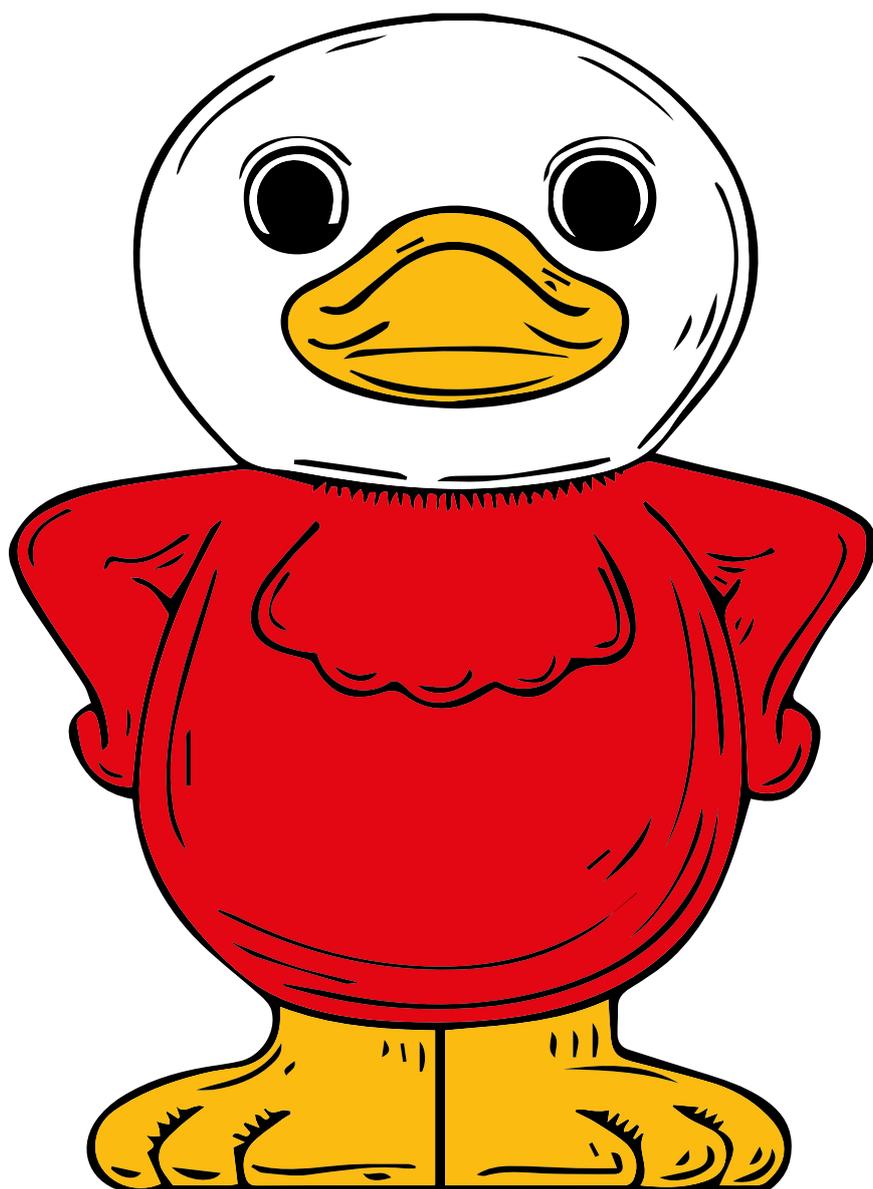
Repeat the above, but now use the  
opposite arm to point (e.g. use your  
left hand to point at your right leg).

Above all, make sure to do the exercise  
in a calm manner. And don't forget to  
take great pride in your lovely legs.



Anything else?

**Ask!**



*Thanks to Annemieke Carbo & Phemia de Boer.*

***PHEMIA***



***MOVE***

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