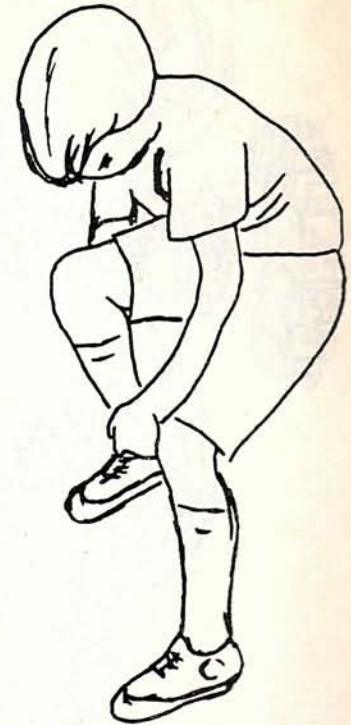
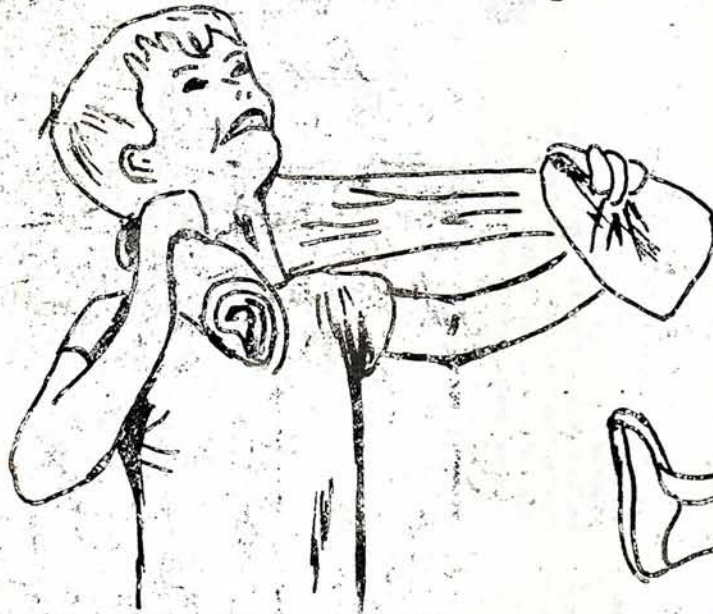


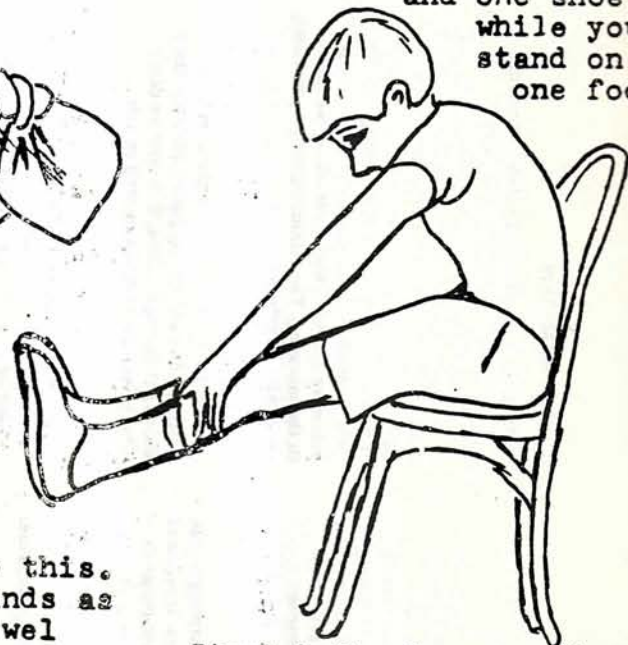
**Sitting Up-Sit-Up:** Get down on your knees; then sit back on your heels. Pull your arms back and put the palms of your hands on the floor. Your hands should be behind your toes but six inches out to the sides of them. Keep your arms straight and your legs against each other. Lift your hips off your heels but keep your hands on the floor. Sit back on your heels. Rest, then do it again.



**One leg Stand:** When you put on your clothes put on one sock and one shoe while you stand on one foot.



**One Minute Back Builder:** Do this. Hold a bath towel in your hands as pictured above. Pull the towel forward with both hands but push back against it with your neck. Do this for five seconds, then rest for five seconds. Do six times for a one minute exercise.



**Stomach Toughener:** Keep your legs together, straight out in front of you, heels off the floor. Bend from the waist and put your hands on your legs just below your knees. Push up with your legs and down with your hands 5 seconds. Rest and repeat.