



EXERCISE 4: JUST WALK

The most important thing is to keep your metabolism going. If you do not move for too long, the fluids in your body becomes sluggish, breakdown products of the cells are only slowly transported away and important nutrients take longer to their destination.

10,000 steps a day would be the goal.
(On at least 4 of 7 days of the week)

Try to integrate this into daily life, by walking to work for example or park the car further away from your office.

Most smartphones today automatically measure the number of steps you take and also the number of stairs you climb.

Our feet are particularly happy about uneven floors. A walk on a path through the forest on which there may even be obstacles in the way greatly promotes the mobility of our feet and legs.

And walking in nature of course promotes all the health benefits for our immune system, while breathing fresh air and moving around.

If walking takes too much time, try to do short sprints instead.

EXERCISE 5: RELAX DEEPLY

Relaxation, following sufficient physical activity (and social relationships), is a very important factor for health and posture.

It is important to regularly relax deeply and mindfully. This way, relaxation becomes a habit and can be accessed when needed easily. Ensuring adequate sleep is also crucial for the nervous system and muscles.

There are many effective relaxation methods, such as Qi Gong, Yoga, or autogenic training. Relaxation involves taking time to do nothing and gently focus on something neutral. Something that doesn't evoke too many new thoughts or emotions. Thus, the mind is occupied, but in a very gentle way.

For example try fixing your eyes on a point or object for 5 to 10 minutes after getting up or before going to bed. This can be a candle, a point on the floor, or a point on the wall. It's best to sit comfortably, but you can also practice standing or lying down. Simply observe and don't plan anything else for this time. Don't expect anything spectacular! Just do nothing and observe. This has a calming effect on the nerves and, consequently, on the body as well.



	Hanging	Squat	Lizard	Walking	Relax	Notes
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						
Day 15						
Day 16						
Day 17						
Day 18						
Day 19						
Day 20						
Day 21						
Day 22						
Day 23						
Day 24						
Day 25						

WORKSHEET:

25 DAYS X 5 POSTURE EXERCISES

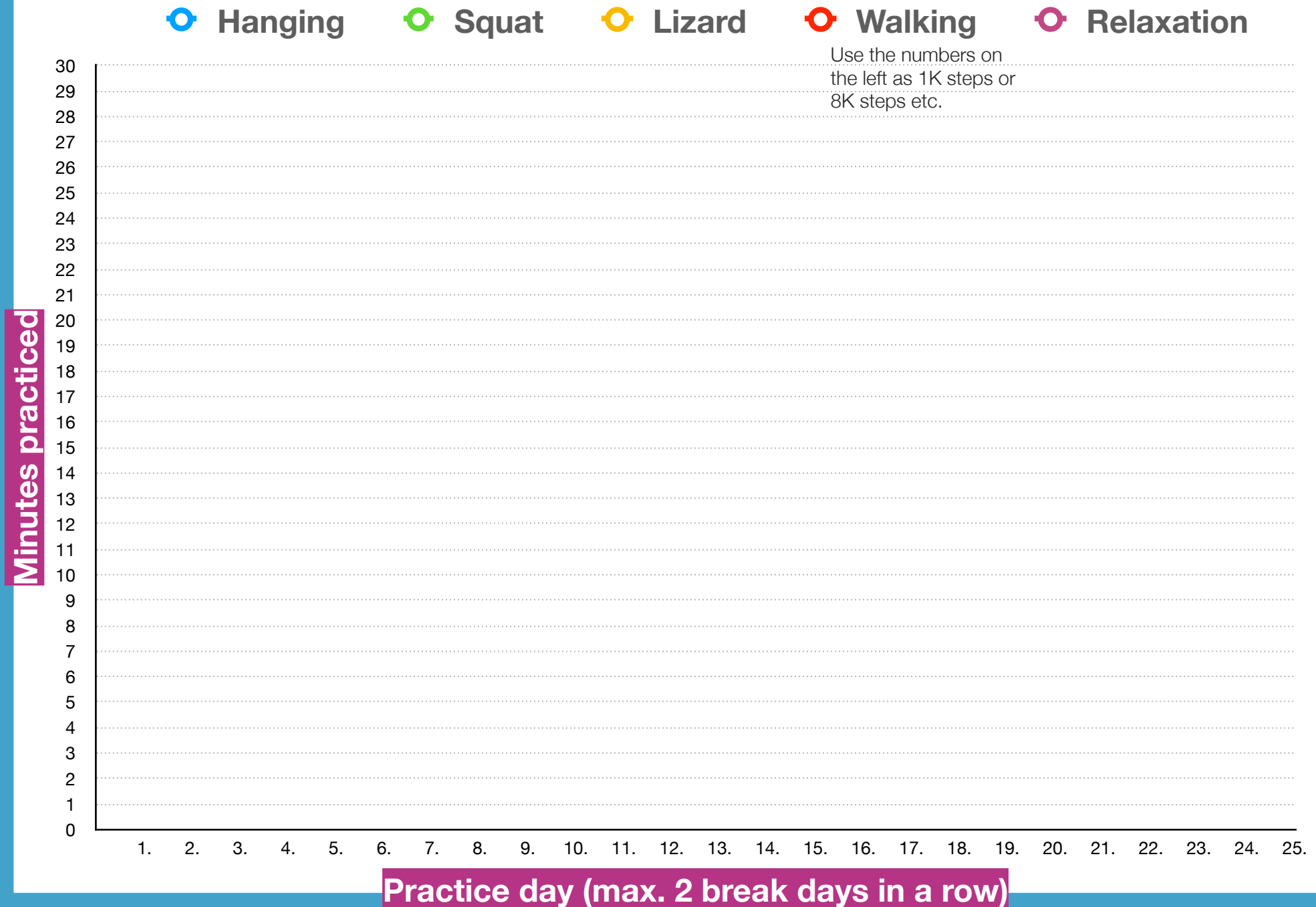
Write down how regular you do your exercises here on the left. If you have done an exercise, mark it in the corresponding field or write down the duration of the exercise in minutes.

Alternatively, enter the exercise duration in the graphical diagram below. Use a different color for each exercise or print the worksheet 5 times to get a separate overview for each exercise.

Try to perform each exercise on 4 of 7 days of the week for around 5 minutes:

- 1-5 minutes of passive hanging
- 1-5 minutes squat
- 1-5 minutes lizard
- walking (or running) around 5K to 10K steps
- 5 minutes of relaxation

Graphical representation of the duration of the exercise



This is how I see me BEFORE the 25 days (now):

Check your posture by looking into a mirror from the front and side - how is your lower back, thoracic spine and neck and shoulders? How satisfied are you now and check in after 25 days, how satisfied are you then? Tick or paint the number of stars depending on how well you rate it for yourself. One star means "poor", 5 stars means "completely satisfied".

lower back:



neck & shoulders:



thoracic spine / ribbs:



Notes:

This is how I see me AFTER the 25 days with the 5 exercises:

lower back:



neck & shoulders:



thoracic spine / ribbs:

