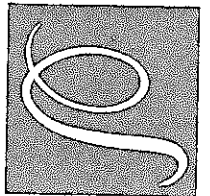


# EASY FLEXIBILITY



*Sandra K., a thirty-two-year-old executive producer for a West Coast television station, was concerned about her decreasing flexibility. Though young and naturally athletic, two automobile accidents and a high-stress job left her with the flexibility of someone twice her age. By using "Easy Flexibility," Sandra increased the flexibility of her neck, chest, and spine by more than 80 percent in only a few days. By doing Relaxercise at home and during breaks at work, she soon regained her flexibility and ease of movement.*

Turning is a vital element in almost every movement we make. Literally thousands of times each day, we turn our body left and right. Activities such as walking or running require us to turn with every step. Even the simplest actions, like reaching for a pen or putting on our shoes, involve numerous small turning movements.

It is the marvelous engineering of your spine that makes turning possible. Your spine is composed of thirty-three vertebrae. In fact, the word *vertebra* comes from the Latin word *vertere*, which means "to turn." When you turn, each vertebra rotates only a few degrees. But the combined rotation of all your vertebrae allows you to turn from 90 to 180 degrees, far enough to see all the way behind yourself.

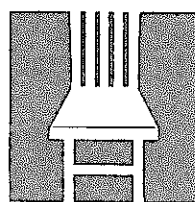
For nearly all of us, our ability to turn freely and easily becomes restricted by the time we reach adulthood. You may experience stiffness and discomfort when you are engaged in a particular activity, like turning to look over your shoulder while driving. Or you may simply notice that you no longer have the flexibility and freedom of movement you used to enjoy. When your freedom to turn becomes restricted, your posture suffers, you feel less energetic, and you are more vulnerable to neck, shoulder, and back problems.

"Easy Flexibility" will dramatically increase your comfort while turning and will help restore your natural flexibility. It will improve your posture and leave you feeling more energetic.

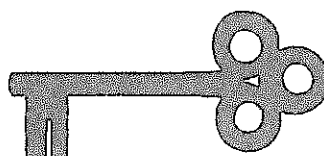
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# EASY FLEXIBILITY

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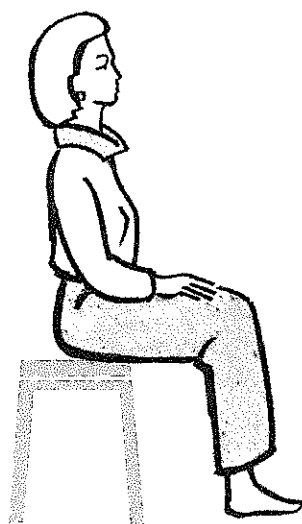


You will need a hard or firmly cushioned chair or seat.



Use the Relaxercise Keys

- Go slowly.
- Make each movement small and easy.
- Relax as much as you can.
- Rest briefly after each movement.



## STARTING POSITION

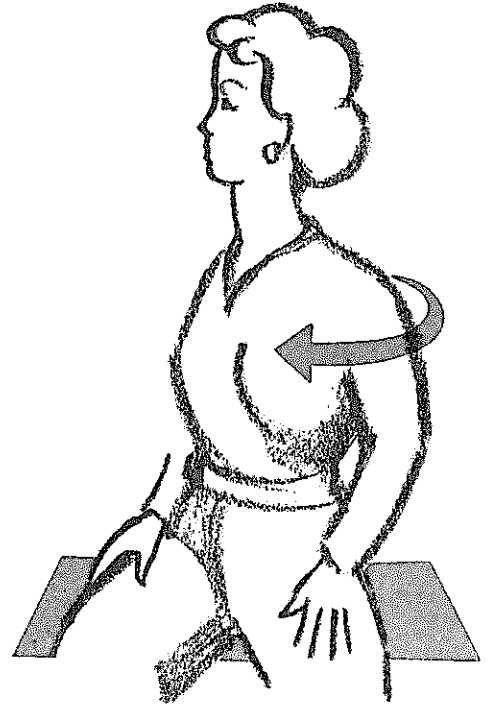
Sit on the forward part of your chair or seat and rest your hands on your thighs. Rest your feet flat on the floor, shoulder width apart, directly below your knees.

*repeat each movement 4 to 8 times*

1

Slowly turn your upper body, as if to look to the right a little. Then return to facing forward and relax.

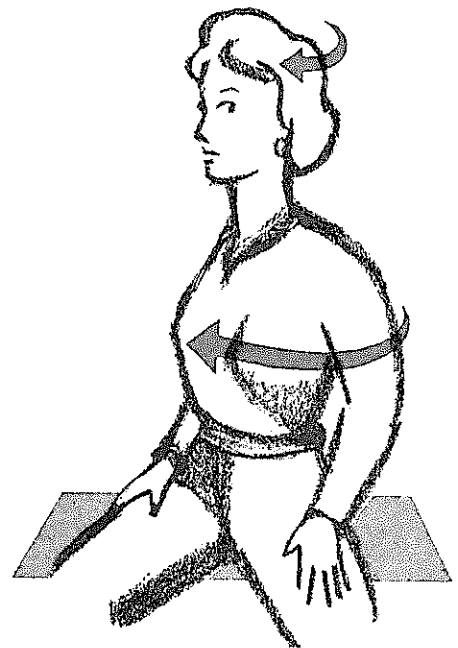
- Make each movement small, comfortable, and easy.
- Keep your feet flat on the floor.
- Make a mental note of exactly how far to the right you can see, without feeling *any* strain. Later this will be a point of reference when you measure the improvement in your flexibility.



2

Focus your eyes on an object or spot straight ahead. Keep your eyes still, looking straight ahead, while slowly turning your head and upper body to the right. Then return to facing forward and relax.

- Don't use force; don't stretch or strain.
- To make the movement easier, exhale as you turn.
- Relax your neck, shoulders, chest, and legs.
- Notice that your upper body doesn't turn as far to the right, because your eyes are not moving.



*pause to rest after each movement*



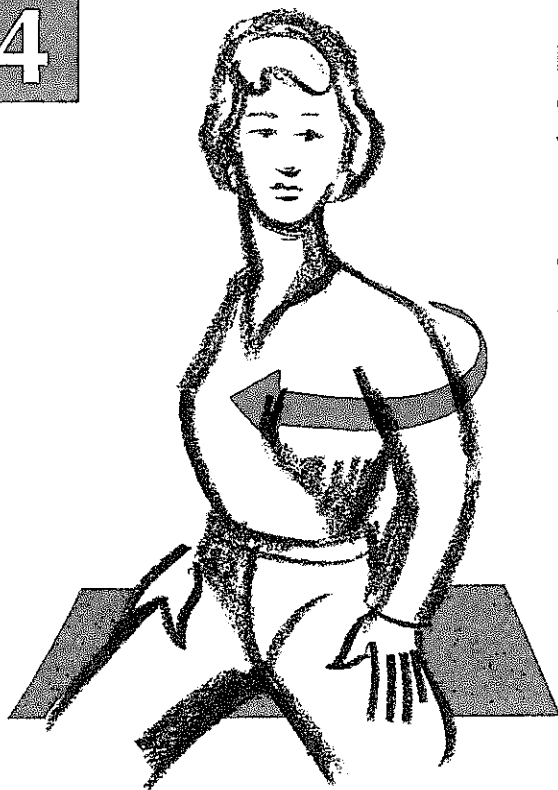
*make each movement small and easy*

3

Once again, slowly turn your *entire* upper body to the right, including your eyes.

- Turn your head, eyes, shoulders, and chest, gently.
- Can you see a little farther to the right?

4



Keep your head and eyes in the middle, facing forward, and slowly turn your shoulders and upper body to the right.

- Go slowly and exhale as you turn.
- Relax your jaw, neck, chest, and shoulders.
- Notice that your right shoulder is moving back and your left shoulder is moving forward.

5

Again, slowly turn your entire upper body to the right, including your head and eyes. Then return to the starting position and relax.

- Notice how turning to the right is becoming easier and more comfortable!

*your flexibility will increase automatically*

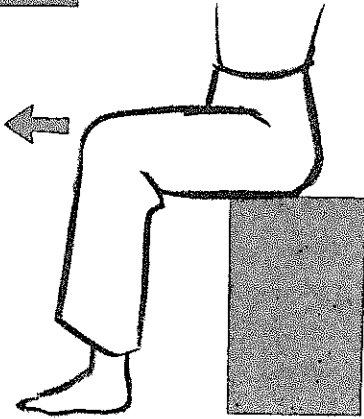
## *pause to rest after each movement*



And now, rest.

- Feel the difference between your left and right shoulder.
- Feel how your left side is relaxing!

6



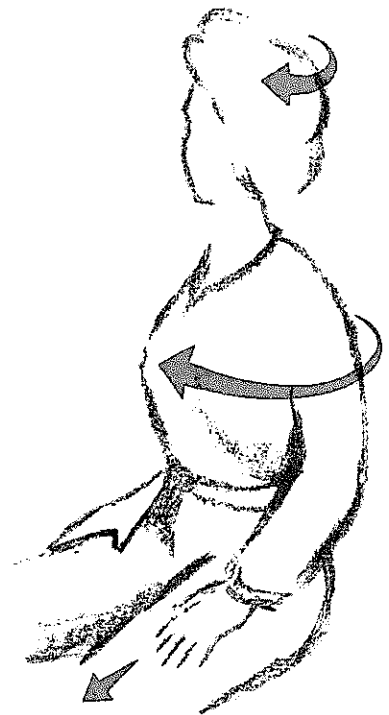
Keep your foot still and flat on the floor, but move your left knee forward very slightly.

- This is a very small movement.
- Relax your left leg and foot as much as possible.
- Notice that your lower back, head, and shoulders are turning slightly to the right.

7

Simultaneously, move your left knee forward slowly, while turning your entire upper body to the right.

- Notice that you get a little taller as you turn.
- Exhale as you turn so your chest can be more flexible.
- As you turn, feel how your pelvis moves a little.
- Notice that moving your left knee forward improves your ability to turn.



*relax your neck, back, stomach and legs*

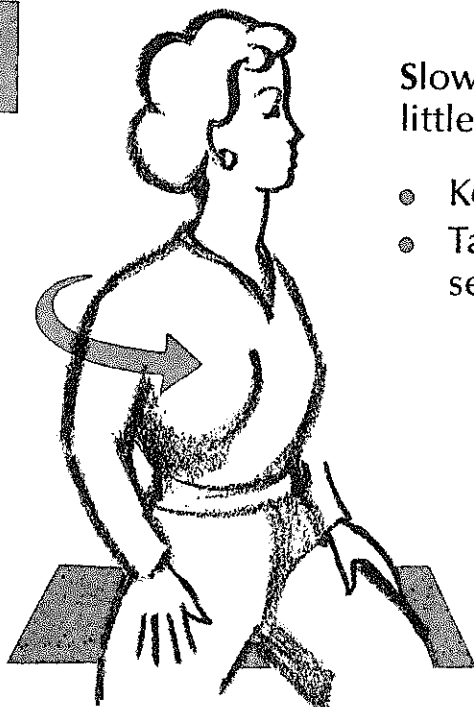
*repeat each movement 4 to 8 times*



And now, rest.

- Notice that your left shoulder and the left side of your neck and lower back are more relaxed.
- Feel the difference!

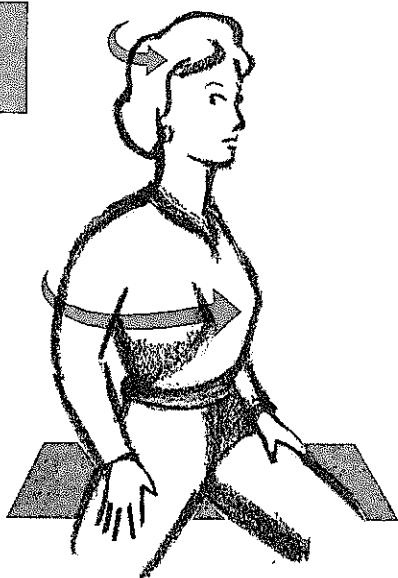
8



Slowly turn your upper body as if to look little to the left.

- Keep your feet flat on the floor.
- Take note of exactly how far you can see to the left without any strain.

9



Focus your eyes on an object or spot straight ahead. Keep your eyes in the middle, facing forward, while slowly turning your head and upper body to the left.

- Relax your face, neck, shoulders, and legs.
- Notice that your upper body does not turn as far as before, because your eyes are staying still.

*make each movement slow and easy*

*go slowly so your muscles can relax*

10

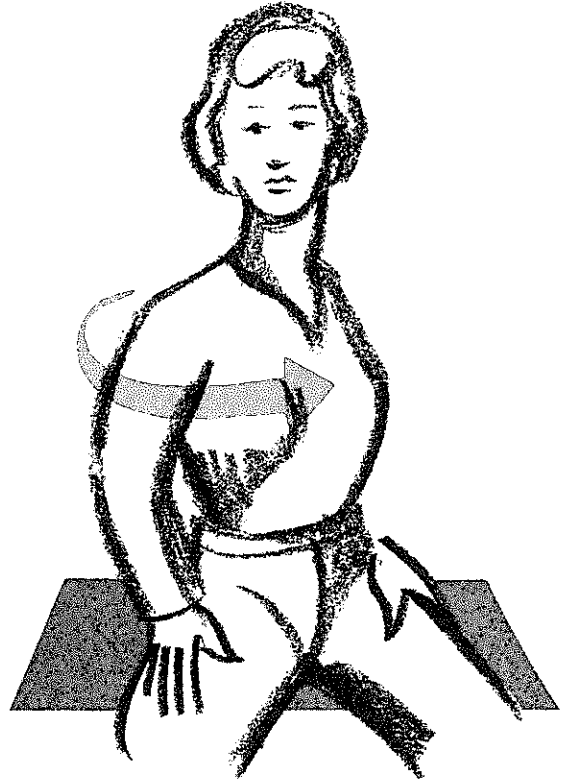
Again, turn your upper body, including your eyes, to the left.

- Turn comfortably, without any strain.
- Can you see a little farther to the left than before?

11

Keep your head and eyes in the middle, facing forward, while slowly turning your shoulders and upper body to the left.

- Relax your face, neck, shoulders, and stomach as much as you can.
- Feel how your left shoulder moves back and your right shoulder moves forward.



12

Again, turn your upper body, including your head and eyes, to the left.

- Feel how much easier this movement has become!
- Notice that as you turn left, your right knee naturally moves forward a little.

*exhale as you do each movement*

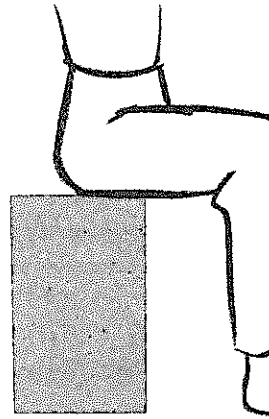


*make each movement small and easy*

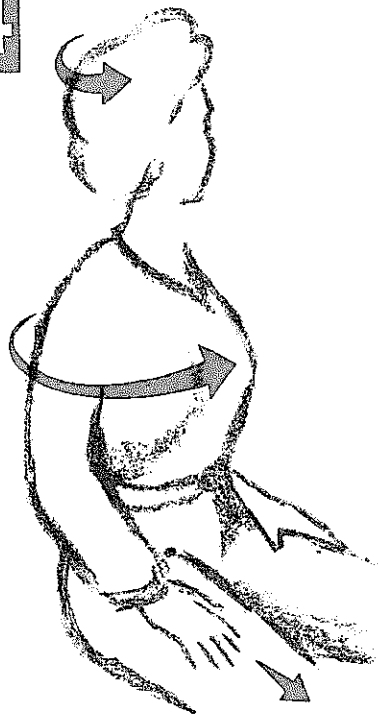
13

Keep your foot flat on the floor, and move your right knee forward very slightly.

- After each movement, let your knee return to the starting position and rest.
- Don't push with your right leg or foot.
- Notice that your right buttock and hip move forward slightly.
- Relax your right leg completely.
- Notice that your lower back, head, and shoulders turn slightly to the left.



14



Move your right knee forward slightly, while turning your upper body to the left.

- Notice that your body gets a little taller as you turn.
- Relax your neck, shoulders, arms, back, and legs.
- Feel the slight movement of your pelvis.
- Notice how much farther to the left you are turning!



And now, rest.

- Feel how relaxed your right side is!

*feel the difference! and then continue . . .*

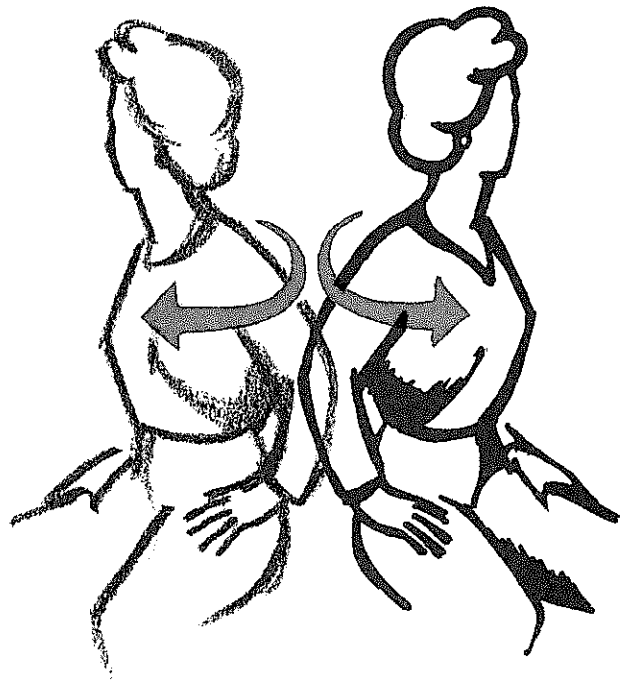


*alternate slowly 4 to 8 times*

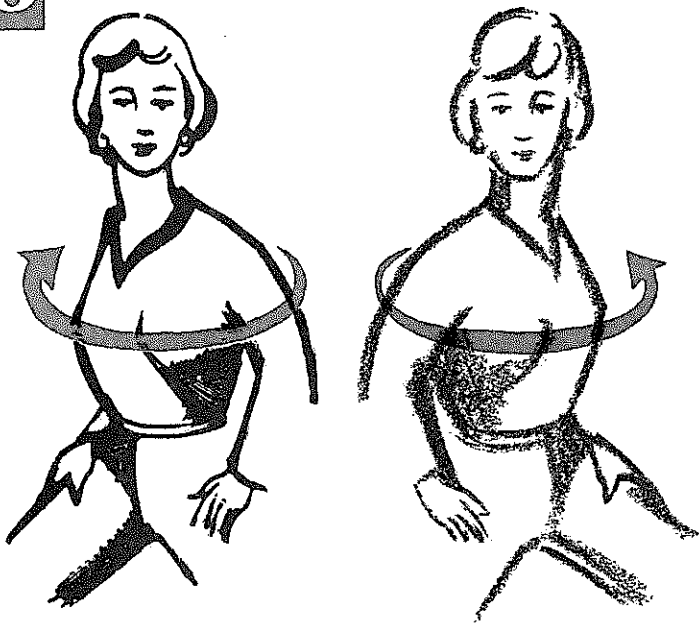
15

Move your left knee forward very slightly, while slowly turning your entire upper body to the right. Then return—go through the starting position—and move your right knee forward, while slowly turning your entire upper body to the left.

- Make the movement smooth and continuous.
- Let your hands slide on your thighs as you turn from side to side.
- Relax your legs as much as possible.



16



Keep your head and eyes still, facing forward, and continue turning the rest of your upper body to the right a little—and to the left a little.

- Relax your face, neck, and shoulders.
- Keep your feet flat on the floor.
- Breathe freely.

*stop and rest whenever you like*

*use as little effort as possible*

17

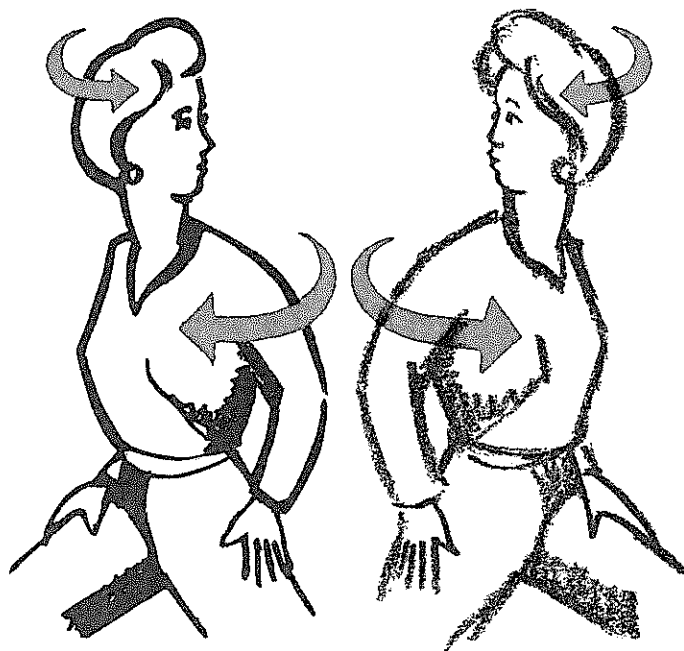
Turn your entire upper body to the right and then to the left

- As you turn to the right, notice that your left shoulder moves forward and your right shoulder moves back.
- As you turn to the left, notice that your right shoulder moves forward and your left shoulder moves back.
- Feel how much your flexibility has increased!

18

Alternately, turn your upper body and pelvis to the right, while turning your head and eyes to the left—and slowly turn your upper body and pelvis to the left, while turning your head and eyes to the right.

- Go slowly so the movement is smooth and easy.
- Don't stretch or strain. Your flexibility will increase automatically.
- Relax your jaw, neck, shoulders, and legs as much as you can.
- Breathe freely.



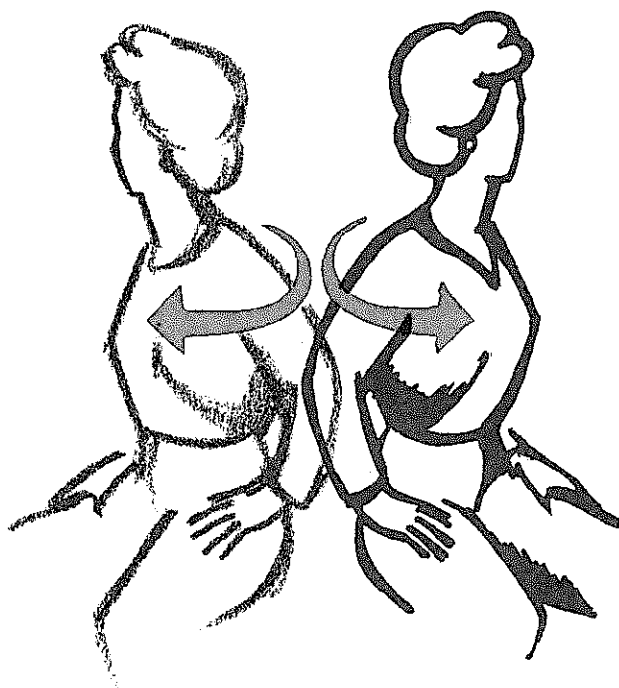
*alternate slowly 4 to 8 times*

## *let your body move freely*

19

Now, measure your improvement: Move your left knee forward while turning your entire upper body to the right as far as you can, without any strain. Then move your right knee forward while turning your entire upper body to the left as far as you can, without any strain.

- Notice how easily you are turning and how much farther to the right and left you can see!
- Feel how much your flexibility has increased without any stretching or force!



And now, rest.

Feel how comfortably you are sitting! Your weight is now balanced evenly on your pelvic sitting bones and your lower back is slightly arched. You may feel and look a little taller. This is because your muscles are relaxed and your posture is more upright. Sit this way whenever possible. Your back will strengthen, you will avoid aches and pains, and you will feel more energetic!

You have completed “**Easy Flexibility.**” When you stand up and walk around, notice how light and relaxed your body feels and how comfortably you are moving.

*Enjoy the improvement!*