

# VIRGINIA COOPERATIVE EXTENSION SERVICE

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## Lesson 8 Diet, Exercise, and Behavior Modification (Weight Control by Mail)

### EXERCISE PLAN Description of Exercises

#### 1. WAIST WHITTLER

Position: Stand with legs about 4 inches apart, raise right arm, left hand on hip.

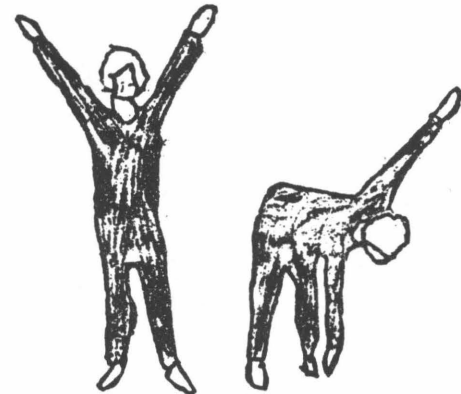
Count 1: Bend to the left side, slide left hand down leg as far as possible. Raise body until standing straight again.



#### 2. BEND AND STRETCH (increases flexibility)

Position: Stand erect, with feet 12 inches apart, arms overhead.

Count 1: Bend trunk forward and, keeping knees straight, stretch gently in an attempt to touch your right hand to your left foot; then touch your left hand to your right foot. Return to starting position.



#### 3. ARM CIRCLES (firms upper arm and bust)

Position: Stand with feet about 12 inches apart and arms outstretched.

Count: Rotate arms in circles, backwards.



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4. BENT KNEE SIT UPS  
(strengthens abdominal muscles)

Position: Lie on back with knees bent, hands clasped behind neck.

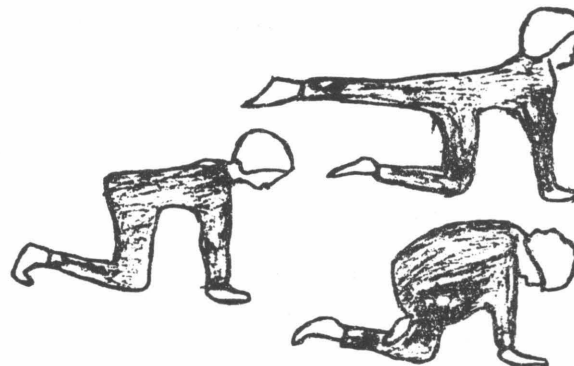
Count 1: Sit up; touch right elbow to left knee. Next time touch left elbow to right knee. Return to starting position.



5. KNEE TO NOSE TOUCH  
(Stretches lower back, strengthens upper back and hip muscle)

Position: Hands and knees on the floor.

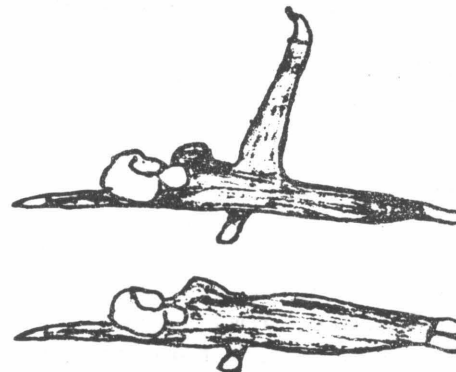
Count 1: Try to touch nose and knee, then extend leg backward parallel with floor while raising head. Do not arch back. Do half of recommended number with each leg.



6. SIDE LEG RAISE  
(strengthens muscles on side of hip and thigh)

Position: Lying on side

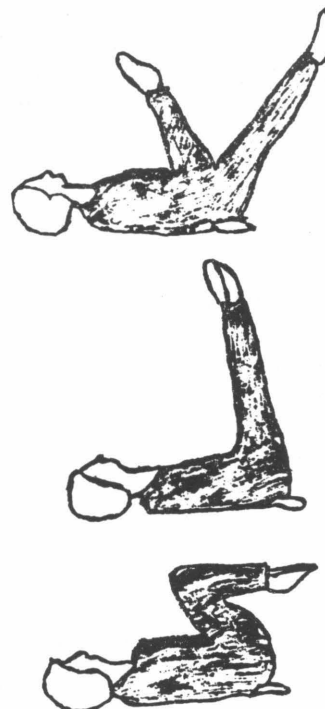
Count 1: Raise and lower upper leg as high as you can. Do half of repetitions with left leg; half with right.



7. LEG SPLITS  
(strengthens muscles on inside of thighs)

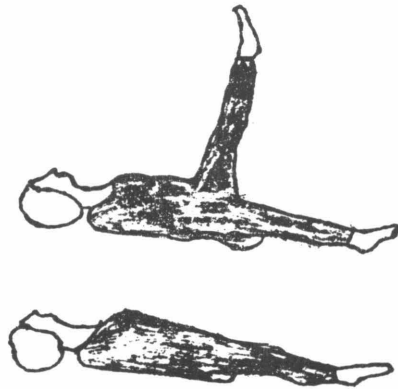
Position: Lying on back, raise knees to chest; extend legs until perpendicular to floor.

Count 1: Slowly lower legs to the sides, raise legs until together again.



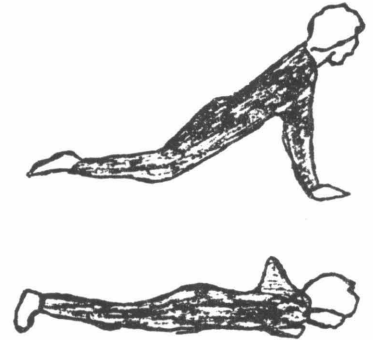
8. LEG LIFT  
(strengthens muscles on front of thigh)

Position: Lying back down, arms at side.  
Count 1: Raise alternate legs perpendicular to floor, left plus right is one count.



9. KNEE PUSH UPS  
(strengthens arms, shoulders and chest muscles)

Position: Lie on floor, face down, legs together; hands on floor under shoulders, palms down.  
Count 1: Push upper body off floor until arms are fully extended and body is in straight line from head to knees. Lower until chest touches the floor.



10. RUN AND HOP  
(cardiovascular endurance; strengthen heart muscles, legs and hips)

Position: Standing  
Count 1: Run in place, lift feet 4 inches high. Left plus right is one count. After each 50 counts, jump up and down 10 times lifting feet 4 inches off floor.

