

Fitness : Monday ... Friday / Fougasse.

Contributors

Fougasse

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MON

Fill your lungs with clean air—but avoid holding your breath, however strenuous the exercise.

F



Flat Foot is Fatal to Fitness



Standing feet together, arms stretched above head. Rising on toes, go down to full knee bend, at the same time swinging arms down in front, and as far back as possible—return to starting position and repeat.

I

Inaction cannot be excused by lack of space.



Try stretching combined with deep breathing several times a day. This will re-charge the lungs and give you fresh energy.

T

Inactive Internals Indicate Inefficiency



Lying on the back with knees bent and feet on ground. Draw the muscles of the abdomen hard in and a little upward. Then release again. These movements to be done continuously. (N.B.—This exercise will appear in some form every day, and will be called "Stomach Massage.")

These Tone Tummy Muscles



Sitting on a blanket or bed, knees bent and hands clasped round the knees. Roll backward and forward on a loose rounded spine. End by rolling on to feet without use of the hands.

N

Never forget that team work depends upon the efficiency of each individual.



Never Neglect the Neck



Towel or stick held behind shoulders with one arm bent and the other sideways—head turn with alternate arm bending and stretching sideways.

E

Every joint and muscle should move freely. If you move each joint daily to its full extent you will keep it supple and efficient.

Easy Waist Exercises Eliminate Exhaustion



Standing with feet apart. Bend down and grasp one ankle with both hands. Return to upright position and repeat to other side.

S

Soap and water and a bottle of iodine will save a lot of trouble, if attention with these is given to any little sore, spot or scratch.

Shoulders & Spine Should be Supple & Strong



Kneeling on hands and knees. Without moving the hands sit back on the heels bringing forehead to floor. Keeping the nose close to the floor move the body forward until the shoulders are in line with the hands. Stretch the arms and assume the starting position. (PLUTO SNIFF.)

S

Soldiers never neglect their guns, so why neglect your body?

Sixty Seconds Sport Skipping Strengthens Stamina



To complete fitness, do a little skipping.

FRI

day

Find a few minutes frequently for these exercises. The time will be well spent.

If you are stiff and tired, relax.

Tone up your internals by a little massage every day.



Nothing is gained by idleness—a little time spent on movement remedies sluggishness.

Expend your energy by promoting fitness. To feel fit is to be fit.



Stomachs that bulge mean stagnant bowels.

Standing for long periods causes stiffness. Skipping will remedy this. Try it.

Flat Feet is Fatal to Fitness

Fouganet



Standing feet closed, rise on to the toes as high as possible keeping the ankle-bones together, roll back on to the heels raising the toes and balancing the body by leaning forward.

Inactive Internals Indicate Inefficiency



Standing. Feet apart with hands on low hips—Stomach Massage.

These Tone Tummy Muscles



Lying on the back. Bend the knees, slowly rounding the spine. Supporting the back with hands straighten the knees and reach upward with the feet. Return slowly to lying on the back.

Never Neglect the Neck



Knees full bend, hands on floor and head bent back. Keeping the hands on the floor stretch the knees, pressing the head well towards the knees.

Easy Waist Exercises Eliminate Exhaustion



Sitting legs straight and apart. Place both hands on ground outside one hip. Raise the hips as high as possible at the same time bending the elbows. Repeat on the other side.

Shoulders & Spine Should be Supple & Strong



Stand with feet apart and swing the arms loosely sideways and upwards, and drop hands to touch opposite shoulder-blades.

Sixty Seconds Spent Skipping Strengthens Stamina



To complete fitness, do a little skipping.