

Fitness : Tuesday ... Thursday / Fougasse.

Contributors

Fougasse

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TUES

Feet should be fresh, not fruity.
Cold water and soap is a good foot tonic.

F

I

In your bare feet these exercises are much more effective. You cannot exercise your feet properly in boots or shoes.



T

Time taken in checking up your engine is well spent. You may be giving it the wrong fuel or choking it with too much.

N

Nothing works well if it isn't looked after properly—it only develops troubles which gradually grow until it breaks up altogether.

E

Every time you take your boots off, give a moment or two to exercises for your feet.



S

Stiff feet mean that you cannot spring to a job. Massage your feet and toes with your hands, bending and loosening the joints.

S

Small troubles often originate in the stomach, so start by keeping your digestion working regularly and the rest will follow.

Flat Feet is Fatal to Fitness



Hands on hips—hopping with leg swinging sideways keeping as high as possible on the toes.

Inactive Internals Indicate Inefficiency



Sitting with legs straight and hands resting on the ground slightly behind the seat—Stomach Massage.

These Tone Tummy Muscles



Lying on the back—raise the body and the knees to a sitting position, clasp the knees and press them towards the chest, at the same time bowing the head forward to touch the forehead on knees.

Never Neck the Neck



Hands clasped behind neck. Press head backward against resistance of hands.

Easy Waist Exercises Eliminate Exhaustion



Lying on the back—arms stretched sideways at shoulder level, knees bent and feet on ground. Lower knees to touch the ground on the left and right alternately. If this is easy, try it with the feet raised. It is important to keep both shoulders on the ground all the time.

Shoulders & Spine Should be Supple & Strong



Kneeling on hands and knees with knees apart—raise the seat by straightening the knees. Press downwards with the shoulders three times and return to kneeling position.

Sixty Seconds Sport Skipping Strengthens Stamina



To complete fitness, do a little skipping.

THRS day

Food—drink—sleep—work—play—smoking—moderation in all things is the best rule of health.

F

If your stomach and digestion are sluggish, keep working at them.

I

The health of the body requires light and air, so let the body have them.

T



Never overdo the ban. Water improves on acquaintance; have you forgotten what it tastes like? Remember, lions drink it.

N

Efficient work is economical work; never use more muscles than the job of work calls for.

E

Sense should be common. Do the exercises you need.

S



Stomachs should be supported by muscles and not by belts.

S

Flat Feet is Fatal to Fitness



Standing feet together lower arm-swing forward and backward. On each forward swing rise as high as possible on to the toes. After four rises bend the knees fully and do four small arm-swing in the full bent position.

Inactive Internals Indicate Inefficiency



Sitting—Stomach Massage.

These Tone Tummy Muscles



Standing with feet together and hands clasped in front of body. Lift one foot and pass it through the clasped hands to touch floor and back again through the clasped hands to the starting position. Repeat with the opposite foot.

Never Neglect the Neck



Kneeling on hands and knees. Raise one knee forward and press head downward to touch it. Stretch this knee backward and opposite arm forward with head bent back.

Easy Waist-Exercises Eliminate Exhaustion



Standing with feet apart and arms stretched sideways at shoulder level. Keeping the legs straight bend down and touch the opposite foot. Return to starting position and repeat to opposite side.

Shoulders & Spine Should be Supple & Strong



Standing one yard from a wall and facing it. Fall forward and take weight of body on bent arms, which are placed on the wall at shoulder height. Press vigorously back to the standing position.

Sixty Seconds Sport Skipping Strengthens Stamina



To complete fitness, do a little skipping.