

## Morning Bedside Exercises

Anna, here are some exercises and suggestions that Deb and I have collaborated on. These exercises should be performed one time per day. Most people find that first thing in the morning is a good time.

### *Deep Breathing Exercises:*

1. While sitting on the side of the bed, hands resting on your thighs, breathe in through your mouth comfortably filling your lungs.
2. Next, let the air out comfortably through your nose.
3. Repeat this 6 times

### *Dumbbell Curls:*

1. While seated on the edge of the bed or on the edge of a firm comfortable chair,
  - a. With hands resting on your mid-thighs, began by holding 1 pound hand-held weights and raising them slowly to the level of your chin.
  - b. Lower them moderately and deliberately back to the starting position
2. Repeat this 6 times

### *Hand Exercises with Ball:*

1. Purchase a soft exercise ball of minimal resistance. Most of the time they are labeled easy, moderate, difficult.
2. Squeeze the ball with one hand at a time for 6 repetitions.
3. Repeat with the other hand for 6 additional repetitions.

### Nutritional reminders:

- A. Increase the amount of steamed vegetables per meal
- B. Drink 8 to 10, 8 ounce glasses of pure water each day
- C. The addition of flax based fiber to your meals would be helpfully for your lymphatic system.

Other activities that are helpful to a healthy lymphatic system include: (these could be added in time)

1. Walking
2. Swimming
3. Biking -- stationary or mobile (for stationary bikes, a recumbent bike is best)
4. Weight Lifting
5. Exercise Tube resistance exercises

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