

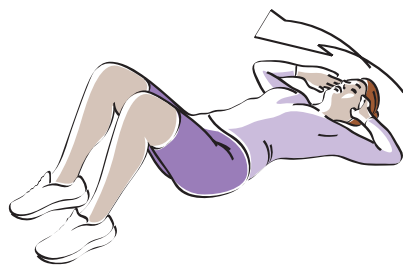


Get active >>>

Tone your stomach with these simple exercises.

Working your core muscles regularly with these exercises will improve your strength, posture and stability.

The Curl >>>



- >>> Lie on your back (knees bent, feet flat on the floor). See picture above. Place your hands by your ears with your elbows out to the sides.
- >>> Slowly raise your shoulders off the floor, keeping your chin raised off your chest. Make sure you contract your abdominal (stomach) muscles rather than pulling your head up with your hands. Breathe out as you lift up, hold for a count of two then slowly lower back down, breathing in as you go.

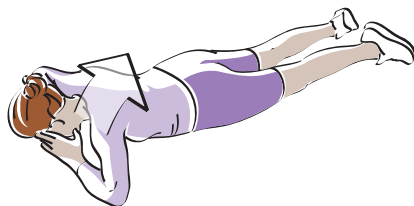
How many times?

Repeat 8 times, rest for 20-30 seconds, then do another 8.

Too hard?

Place your arms across your chest to make it easier. Start with 2 or 3 repetitions.

The Back Raise >>>



- >>> Lie face down on the floor (toes pointing outwards and hands at temples).
- >>> Slowly raise your chest off the floor, breathing out. See picture above. Count to two as you lift and then gently lower back down, taking a deep breath. Keep facing forward and keep your bottom relaxed and your feet in touch with the floor at all times.

How many times?

Repeat 8 times, rest for 20-30 seconds, then do another 8.

Too hard?

Place your hands behind your back to make it easier. Start with 2 or 3 repetitions.

It is more important to do the exercises properly than do lots of repetitions. If you find yourself unable to do the number of repetitions suggested, do fewer until you get fitter. It's better to start slowly and build up.

Stretch it out >>>

Make sure you stretch after you exercise.
Try this back stretch today.

Back Stretch >>>

- >>> Kneel on the floor on all fours with your hands directly below your shoulders and your knees below your hips.
- >>> Arch your back up to the ceiling (see position in picture), hold for 10 seconds then gently return to the starting position.



Get fit workout to help reduce your cancer risk

WCRF UK recommends we do at least 30 minutes of activity each day, but you don't have to do it all in one go. A 10-minute weeding session, a lunchtime walk or fifteen minutes spent dancing around your kitchen can all count towards your 30 minutes.

It's best to start slowly and gradually work up to a brisker pace. You should aim to feel warm and slightly out of breath. As you become more active, you'll be able to exercise for longer periods of time. So when you feel fitter, pick up the pace or do more minutes of activity each day.

Here's a short 15-minute workout to get you started

Complete this workout as part of your 30 minutes of activity each day.

2-3 minutes slow walking – gradually building up to a pace that leaves you feeling warm but still enables you to hold a conversation

2 minutes moderate pace marching on the spot

1 minute brisk marching on the spot

2 minutes marching on the spot, gradually slowing the pace

1 set (8 reps) curls

1 set (8 reps) back raises

1 set (8 reps) curls

1 set (8 reps) back raises

Finish with stretching – include the back stretch above



If you feel pain in your legs or chest, nauseated or breathless while exercising, stop immediately and consult a doctor. If you are concerned, you should contact your doctor before starting a new activity regime.



World Cancer
Research Fund

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"Stopping cancer before it starts"