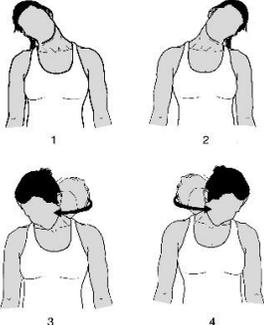


# 10 Steps to Heal Your Body

## Home Chair Exercises for Cough, Cold, Pneumonia, Other Respiratory Infections including Covid-19

The following regimen of movements and breathing helps the body heal itself.  
 Complete exercises and breathing techniques #1-10 in order 3-4 times/day as time & energy allow.  
 All should be performed slowly and deliberately (exception: #9 which should be performed rapidly).  
 \*If you have severe pain or severe shortness of breath w/ these exercises, please check with your medical provider.

**When you are not sleeping, KEEP MOVING every few minutes and DRINKING FLUIDS.**

<b>1</b>	<p><u>Neck Rolls</u></p> <p>5 Right, 5 Left</p>		<p>Loosens the muscles &amp; tissue around the neck (the "thoracic inlet").</p> <p>The thoracic inlet has major vessels in which blood &amp; lymphatic fluid flow.</p> <p>This fluid has immune cells and circulates like blood.</p>	<p>Do this <i>slowly &amp; deliberately</i>, feeling the muscles relax.</p> <p>Do not strain.</p> <p>Tuck chin toward chest to stretch back of neck.</p> <p>Roll to the right, stretching the left side.</p> <p>Roll to the left to stretch the right side.</p>
<b>2</b>	<p><b>Take a <u>Slow</u>, Deep Breath. Count in for 5. Hold for 4. Out for 7. Repeat 3 times.</b></p>			
<b>3</b>	<p><u>Arm &amp; Chest Stretch</u></p> <p>10-30 seconds</p>		<p>Stretches the chest, neck and back muscles to improve circulation of air, blood and lymphatic fluid.</p>	<p>Do this <i>slowly &amp; deliberately</i>, feeling the muscles relax.</p> <p>Do not strain.</p> <p>Reach arms back, clasp your hands if you can.</p> <p>Slowly turn elbows inward &amp; straighten arms. Lift arms up for a good stretch. Let shoulders melt down.</p> <p>Slowly, nod your head up and down. Breathe.</p>
<b>4</b>	<p><b>Take a <u>Slow</u>, Deep Breath. Count in for 5. Hold for 4. Out for 7. Repeat 3 times.</b></p>			

5	<p align="center"><u>Seated Cow/Cat</u></p> <p align="center">5 Cow, 5 Cat</p>		<p>Increases chest movement, airflow &amp; circulation to the lungs.</p> <p>Think of it like a slow motion body wave.</p>	<p><u>Cow pose</u>: push your tummy forward &amp; arch your back like the picture. Breathe. <u>Cat pose</u>: move your tummy toward your back. Lean slightly forward, rounding your back. Move your shoulders forward to resemble a cat arching its back. <u>TIP</u>: Breathe <b>in</b> as you move into Cow pose &amp; breathe <b>out</b> slowly as you move into Cat pose.</p>
6	<p align="center"><b>Take a <u>Slow</u>, Deep Breath. Count in for 5. Hold for 4. Out for 7. Repeat 3 times.</b></p>			
7	<p align="center"><u>Seated Child's Pose</u></p> <p align="center">Hold 10-20 seconds</p> <p align="center">Repeat 3 times.</p>		<p>Stretches the back and pelvic floor muscles to improve circulation of blood &amp; lymphatic fluid.</p>	<p>In an armless chair with feet on floor, scooch to the back. Lean forward, placing your body between your knees. Stretch your arms down toward the floor &amp; breathe. You should feel your back relax, and inner thighs stretch.</p>
8	<p align="center"><b>Take a <u>Slow</u>, Deep Breath. Count in for 5. Hold for 4. Out for 7. Repeat 3 times.</b></p>			
9	<p align="center"><u>Foot Pumps</u></p> <p align="center">Rapidly, rhythmically 30-60 seconds</p>		<p>Improves lymphatic fluid drainage.</p>	<p>When seated with legs straight out in front of you, standing or laying face up, rapidly point feet/toes up, then rapidly point feet/toes down.</p>
10	<p align="center"><b><u>MOVE!</u> If you cannot do anything else, walk or move whole body in a chair to music for 5-10 minutes. This helps the heart, lungs and immune system.</b></p>			