



Actrim Bed Exercises

Face Exercises

- Smile high – hold for 10 seconds and release. Repeat 3 times.
- Place your fingertips on your eyebrows – close your eyes tight for 10 seconds and release. Repeat 3 times.

Circulation

- Sit up in bed, clench fists and then stretch fingers. Repeat 3 times.
- Circle hands at wrists to the count of 3 in one direction and then repeat in opposite direction.
- Keeping heels on the bed circle your feet at the ankle to the count of 3 in one direction and then repeat in opposite direction.

Neck Exercises

- Put your chin down on your chest and hold for a count of 10.
- Look to the right side for 10 seconds.
- Look at the ceiling for 10 seconds.
- Look to the left side for 10 seconds.

Shoulder Shrugs

- Shrug both shoulders up and down and repeat 6 times.
- Stretch up one arm at a time – stretch finger tips up towards the ceiling. Repeat 6 times each arm.

Stomach Clenches

- Hold in your stomach muscles for a count of 6 seconds and release. Repeat 4 times.

Buttock Clenches

- Clench buttocks together for a count of 6 seconds and release. Repeat 4 times.

Leg Lifts

- Legs straight out in front and lift an inch or two off the bed – hold for 2 seconds and release.
- Repeat 4 times.

Deep Breaths

- Place hands on the rib cage – take in a deep breath – hold and release.

Find out more about the super Actrim weight loss system by visiting www.ardenhealth.com