



Actrim Chair 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.

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

- Sit in chair, stomach in. Extend left leg until level with hip. Flex foot towards you and hold for a count of 6. Repeat with the other leg.

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