

Big Yoga/ Gym Ball

- 1) Blow it up until it's firm but still a bit soft.
- 2) Sit with your feet flat on the ground and your knees bent at 90 degrees.
- 3) Hold onto a wall or chair to help you keep your balance.

Simple Exercises:

- 1) Sit up straight and hold the position for 30 seconds.
- 2) Hip Rock- slowly move your pelvis forward and backwards.
- 3) Wall Support Squat- Put a ball behind your back, bend your knees a little, and then stand back up.

Safety tips:

- 1) Take your time. If you feel dizzy or hurt, stop.
- 2) Wear slip- resistant socks or go without shoes.
- 3) Inspect the ball for any damages before using it each time.
- 4) Use on a carpet or yoga mat to stop slipping.
- 5) Talk to your doctor before starting any new exercise.