

# *Health Tips for Long Lasting Gardeners*

by Susan Guest

- Stretch and warm up
- Alternate your activities
- Take breaks
- Drink lots of water
- Switch from right to left side
- Protect your back: Don't twist or hunch over
- Use the right tool for the job
- Do cool down stretches
- Listen to your body
- Choose to make it delightful



**Your Body in the Garden, a program for Garden Clubs**

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## Your Body Green Exercises by Susan Guest



Gardening is a great workout! Try these.

- Think of tasks that will get your heart rate up to increase endurance and cardio health.
- Warm up: Take a brisk walk before working in your yard.
- Partial Squats: Set feet hip width apart, toes forward, keep knees over toes, bend at the hips, lower and rise.
- Step Ups: Step up on a low step with both feet, tap, step down.
- Tip Toe Through the Tulips: Rise from whole foot to ball of foot.
- Sense: Listen, Smell and Touch, Taste.
- Focus on the beauty and appreciate your work.
- Walk barefoot
- Sit on the ground. Breathe and Relax.

*Gardening is good for Body, Mind, and Spirit.*