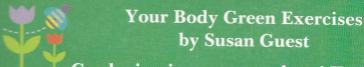
Health Tips for Long Lasting Gardeners by Susan Guest

- 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 susan@movesensebe.com 978-290-9703





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.