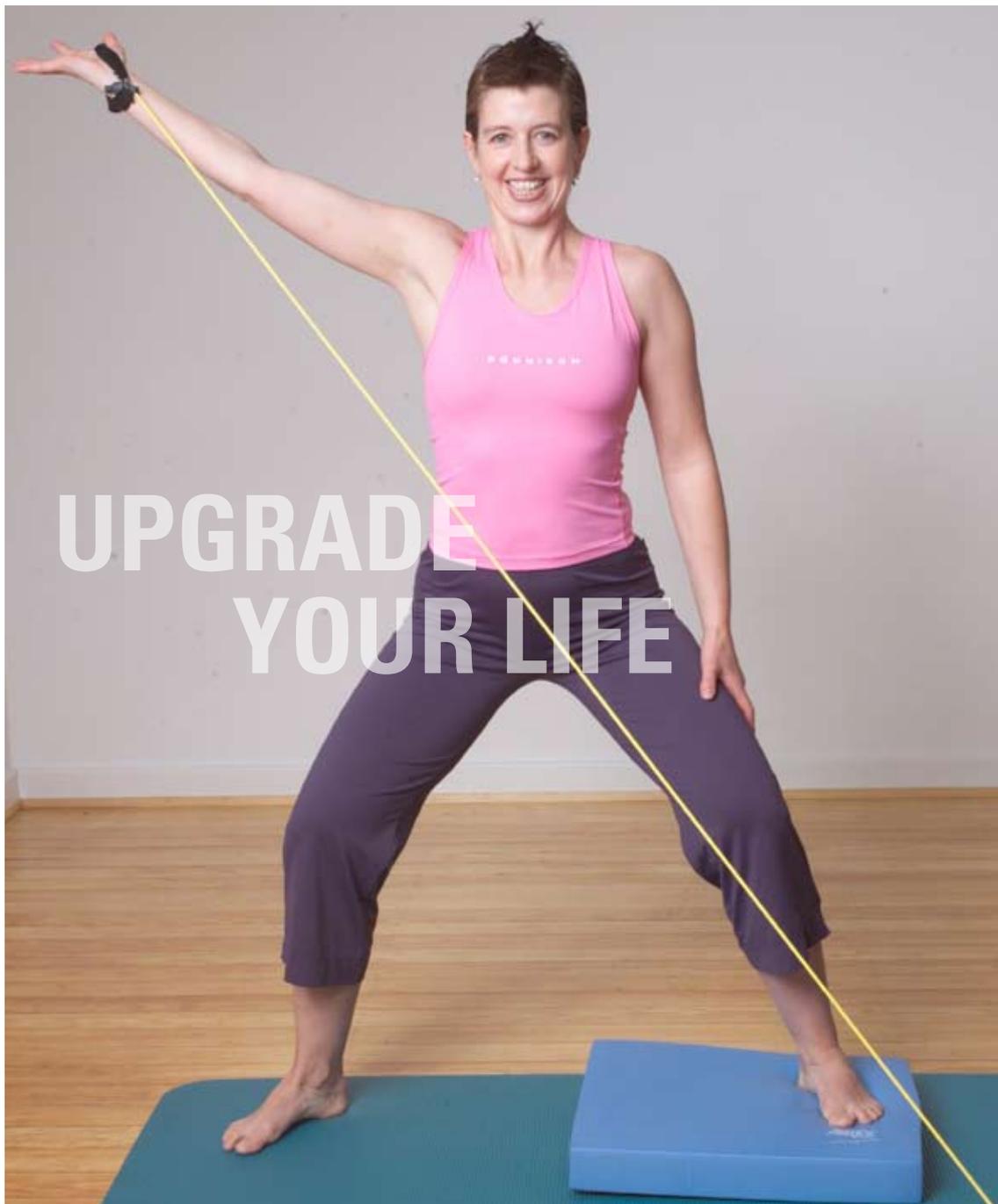




BeBalanced!
BALANCE THROUGHOUT THE WEEK



by Manuela Böhme



BeBalanced!

7 DAYS WITH THE AIREX® BALANCE-PAD ELITE

At some time or other, everyone has had the experience of feeling strong and full of vitality one day – and feeling fit enough to run a marathon - and the next wishing we didn't have to get out of bed. Sometimes we're highly dynamic and full of vitality, other times just want to be quiet and calm.

The days of the week - from Monday to Sunday - provide us with a recurring cycle. It is not just the beginning and end of the week that's significant to us – each and every day is characterised by the different demands it makes on us and the way we experience them depends to a large degree on our mood and energy levels. If Monday usually represents the beginning of the working week, Friday stands for its completion. Saturday and Sunday are the days during which we recuperate or attend to matters other than work. This means that weekends are

particularly suited for relaxation and recuperation. But times of relaxation are not only good for us physically - they are also vital for our emotional and psychological well-being, providing the quiet and calm we need to be able to look at things from a different perspective, hereby helping us find solutions to existing problems.

Through my work as an instructor for exercise courses, I am very much aware of the effects that the particular days of the week have on course participants. Energy levels, enthusiasm and vitality noticeably differ from day to day and this means that training programmes really need to be reviewed and adapted to the requirements of the particular days.

The Be Balanced! Week Plan shows how daily demands and exercise can be ideally balanced with one another.

7 days with the Balance-pad

Daily Warm-Up

First of all take off your shoes and give your feet a good massage to get the blood flowing, until they feel warm.

Then turn on your favourite CD and march on the AIREX® Balance-pad Elite (approx. 4 minutes). Warm up your hands while you are marching. Rub them against each other – as if washing them. And if you feel like getting your arms involved – don't let anything stop you! Get going! Let your imagination run free!



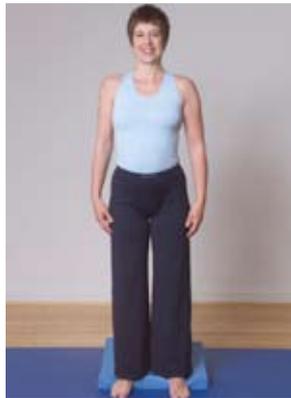
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MONDAY

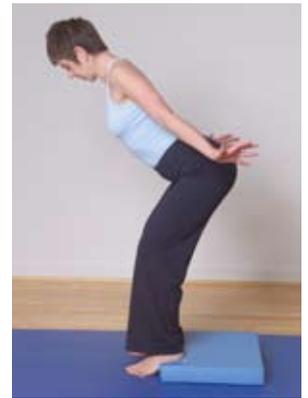
Monday is most people's favourite day for exercise, because they are still full of energy from relaxing and recuperating during the weekend. There is a drive for strong physical exercise and we meet this by carrying out powerful strengthening exercises. In addition, we also carry out the following exercises to ground ourselves, so that tasks that need high levels of concentration and perseverance can be done efficiently.

How about this:

1. Place the rear half of your foot onto the front edge of the AIREX® Balance-pad Elite, so that your toes touch the floor and your heels rest on the pad.



2. Bend and straighten your knees – squat down. Make sure that the tips of your feet are pointing slightly outwards and that your knees are bent towards your middle toe. Pull your arms backwards while keeping them close to your body.

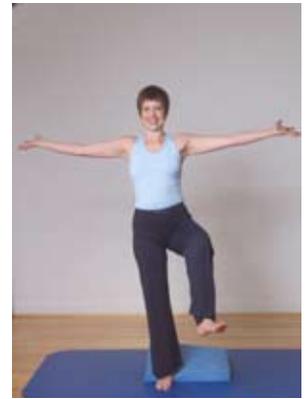


3. Straighten your legs again.

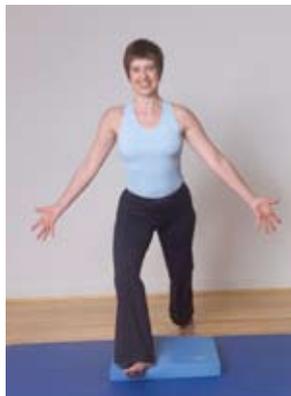
4. Lift the front of the foot and simultaneously lift your arms vertically.



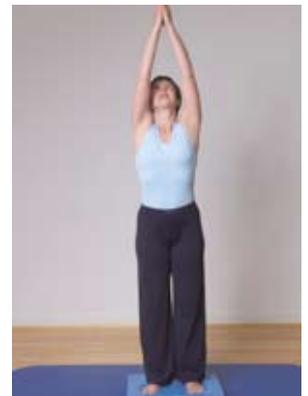
5. Now lift your right knee and pull it slightly to the outside.



6. Point your left leg forward and take your right leg back as if making a large step. Lift the front of your left foot.



7. Bring your legs together on the AIREX® Balance-pad Elite and lift your arms upwards, palms touching, and keep your eyes on your hands.



8. Lower your arms.

Repeat the sequence with the other leg.

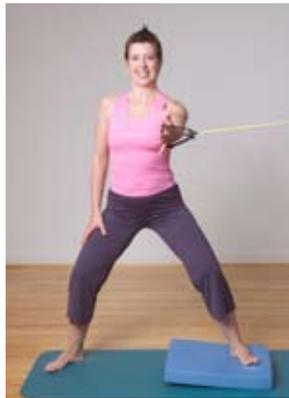
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TUESDAY

Energy levels on the second day of the week are still high. By now, we have already become used to our workloads and feel more grounded. External influences hardly touch us because we still have plenty of energy available to deal with them.

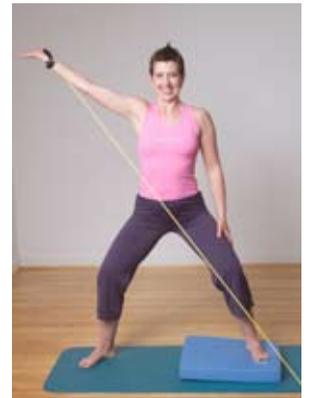
Something to try:

1. Take an Xertube and attach it to an object (e.g. a door handle) in such a way that it is to the right side of your body. Pass your right hand through the handle of the tube with your thumb pointing upwards. Place your right foot on the AIREX® Balance-pad Elite and the left foot on the floor. Keep your legs slightly apart. Pull the Xertube from the outside to the middle of your body. Don't forget to repeat the exercise on the other side!!



2. Attach the Xertube to the floor (maybe your partner could help??) at a left hand angle in front of you. Bring your right hand through the handle with your thumb pointing outward. Pull the Xertube upwards and outward.

Now change sides.



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WEDNESDAY

The middle of the week symbolises harmony and balance. The need for physical exercise has diminished and the need for balance and inner harmony now takes precedence.

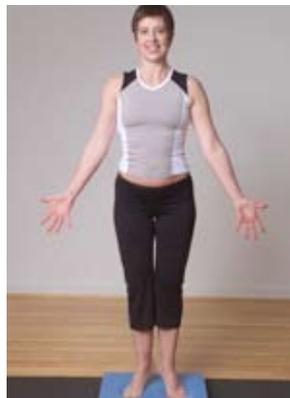
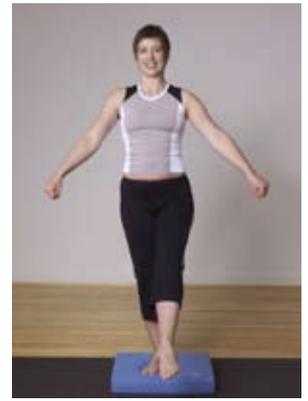
So, why not you give these exercises a try:

1. Stand on the AIREX® Balance-pad Elite with feet together and toes pointing slightly outward. Now first lift your heels slightly and then move your arms upwards from the side.



2. Stand on the AIREX® Balance-pad Elite and move one of your legs forwards and backwards.

Don't forget the other leg.



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THURSDAY

On Thursdays, we are often tired and our energy levels are low. We are not particularly interested in doing a lot of physical exercise. This is why exercises that can be carried out in a squatting position or while sitting down are ideal.

Such as:

1. Curve your back inwards – tilt your pelvis. Return to the initial position, then curve your back outwards and return to the initial position.



2. Lift both your right arm and left leg at the same time and then change arms and legs.



3. Fold yourself up like a leaf, open up again and support yourself by resting your right hand on the floor at the same level as your right knee. Lift your left leg and your pelvis from the floor. Move your left arm to the left ear.



Change sides.

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FRIDAY

The simple fact is that Friday generates anticipation and excitement. The working week is over, pressure is off. We are now getting ready to enjoy ourselves and relax.

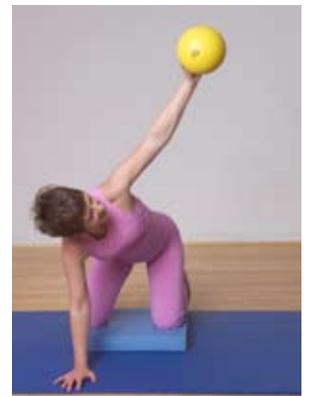
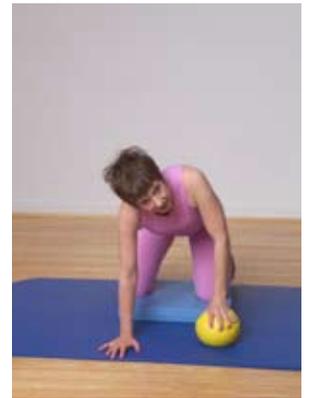
And this is where using a ball can be helpful and enjoyable:

1. Sit down on the AIREX® Balance-pad Elite and wedge the ball between your feet. Place your hands on the floor behind you to support yourself and lift your feet off the floor. While doing so, pull your bellybutton towards your spine and stretch your legs out to the front. If you thrive on challenge, try lifting your hands off the floor as well!



2. Get down on all fours with your knees resting on the AIREX® Balance-pad Elite. Hold the ball with your right hand. Now move the ball forward to the right and let your spinal column and your head move with that motion.

Repeat the exercise on the other side.



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SATURDAY

Saturday lends itself to contemplation. Maybe your points of view will change when you look at things from a different perspective!

Which is what this exercise encourages:

1. Point your left leg forward and take your right leg back as if making a large step and rest your hands on the AIREX® Balance-pad Elite. Move the front leg back to the same level as the other leg to bring yourself into a press-up position.



2. Now walk your feet onto the AIREX® Balance-pad Elite and move your head as close as possible to your knees. Lift your arms upwards and open them to the side.



Repeat with the other leg.



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SUNDAY

Being able to relax is essential for successful stress management. Sunday in particular gives us the time and opportunity to review the past week and to prepare for the coming one. Pay attention to your breathing. This should be even. Play relaxing music which incorporates natural sounds, as this increases relaxation.

Revitalise yourself with the following exercises:

1. Place the AIREX® Balance-pads Elite on top of each other. Lie down on your stomach on the pads. Place your forehead onto your hands or turn your head to the side. Close your eyes.



2. Lie on your back and rest the back of your head on the AIREX® Balance-pad Elite with your neck freely suspended. Place the soles of your feet together and let your knees drop towards the floor. Stretch your arms out to the sides to the level of your shoulders, with your palms pointing upwards. Close your eyes.



Further information about AIREX® Gymnastic mats and Balance-products, BeBalanced! exercise tips and distributor list see:

www.bebalanced.net

Manufacturer:
Airex AG
Industrie Nord
CH-5643 Sins
Tel. +41 41 789 66 00
Fax +41 41 789 66 60
www.airexag.ch