

Beth's Spoga

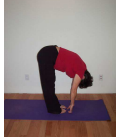
Yoga and stretching for spinning and knitting health



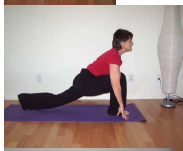
Spending too many hours sitting doesn't do anything to help maintain balance. Good balance will protect you from many injuries as the years go by. Hold 30 seconds each side



Reach back to stretch shoulders and back. Keep stomach pulled in and breath deeply Hold for 2 breaths in and out..



Relax forward as far as is comfortable. Feel stretch in Hamstrings. These get tight from a lot of sitting. 10 seconds



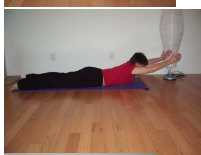
Step back with the left. Pull in stomach. Keep right knee over the foot. Hold 10 seconds Stretches the front of the left hip. Tight from sitting.



Step back with right foot. Align body from heels to shoulders. Hold 30 seconds Strengthens posture muscles.



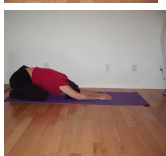
Slowly lower pelvis to floor. Hold for 5 seconds. Then lower chest to the floor and then raise back up. Repeat 10 times. Stretches lower back from too much sitting.



Reach arms up and out. Keep head in tall posture. Don't look up. Pull in stomach and hold 30 seconds. Strengthens back/posture muscles.



Place hands next to your head, push butt back. Hold while pushing chest to the floor. Hold 20 seconds Stretches chest and shoulders.



Relax back, letting butt rest on heels. Hold 20 seconds.



Get up to hands and knees. Let tummy sag toward floor—look straight ahead. Breathe in and out slowly.



Arch back up toward ceiling. Pull in stomach. Deep breath in and out.



With back in mid position, lift right arm and left leg. Keep stomach drawn in firmly. Hold 30 seconds. Repeat with other side. Strengthens posture muscles.



1. Roll to side, reach left arm and right leg in line with your body. Bend left leg to 90. Keep pelvis aligned perpendicular to floor. Stretch right leg to floor. Keep stomach pulled in. Hold 30 seconds. Stretches lateral hip and trunk muscles



2. Pull right leg up to 90 degrees. Rotate trunk to the right. Relax and breathe deeply. Hold 5-10 seconds Repeat 1 and 2 on the other side.



Roll to hands and knee position. Straighten arms and legs. Keep head in line with upper back. Breathe and hold for 30 seconds. Good 'everything' stretch.



Step forward with left leg. Pull in stomach. Keep left knee over the foot. Hold 10 seconds



Step forward with right leg. Stretch 10 seconds



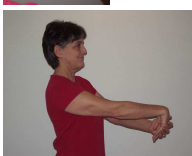
Reach back to stretch shoulders and back. Keep stomach pulled in and breath deeply Hold for 2 breaths in and out.



Keep shoulders relaxed-head and neck posture tall. Palms together to stretch fingers and wrists. Hold 30 seconds Counteracts all the gripping activity of spinning/knitting Can also combine with neck stretches-turn head to each side.



Stretch thumbs gently. Hold 30 seconds.



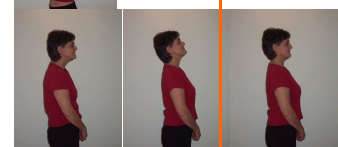
Keep shoulders relaxed-head and neck posture tall. Stretch back of wrists. Hold 30 seconds Can also combine with neck stretches-tip head to each side.



Tall posture—stomach in. With hands behind head, stretch the chest muscles. Hold 30 seconds Counteracts slouchy posture.



Tall posture—stomach in. Palms together reach arms over head. Hold 30 seconds.



Tall posture with relaxed shoulders is the key to a happy neck and arms!!! Spin with your head in this position.

Protect yourself!

Too much sitting can have an adverse effect on your health and well being! I bet that isn't much of a surprise to you.


- ☞ Slouchy, head forward posture causes muscle tension in neck and upper back, and increases disk pressure
- ☞ This head forward posture also puts tension on the nerve supply to your arms and can play a role in carpal tunnel and wrist and hand neuralgias
- ☞ Rounded shoulders decreases lung expansion
- ☞ Rounded lower back increases pressure on lumbar disks
- ☞ Prolonged sitting also causes tightness in hip, knee and ankle musculature
- ☞ Gripping (knitting and spinning) causes tightness in wrist and finger musculature.

However, the peace of mind and productivity of spinning, knitting, crocheting and other crafts is a very positive force for well being. All that needs to be done is to counteract these postures with regular stretching, and attention to the best sitting posture.

SPOGA rules-

- ☞ Do not hold your breath. Practice relaxed deep breathing throughout exercise session.
- ☞ Watch your posture. Keep a tall head and neck position. Keep stomach pulled in.
- ☞ Stretches should never hurt. If you stretch into pain, you will actually cause the muscle you are trying to stretch to get tighter.
- ☞ Hold positions as long as is comfortable. Work up to the suggested times.

SMALL PRINT—of course, you should check with your doctor before starting any exercise program to be sure that there isn't anything that would be a problem for your own particular body or condition.

Beth Hansen of Hansen  Crafts

Makers of fine, state of the art electronic spinning wheels!