


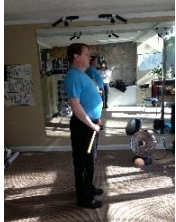



		STANDING Straight <i>with Chin Horizontal & Back & Neck straight</i>	
1	Egg Between Feet (Parallel and aligned with the hips) Squeeze and Lift Belly Up & In		
2	Put Egg between Inner Thighs Squeeze and Pull Back and Lift Belly Up & In		
1+2	Stand Straight & Squeeze <i>Pretending Egg is there</i>		
			SITTING Straight <i>with Chin Horizontal & Back & Neck straight</i>
1a	Squeeze on Egg		
1b	Sit Straight & Squeeze <i>Pretending egg is there</i>		

POSTURE EXERCISE: ... Hold for 1 Minute			
STICK Exercise : Hold for 1 Minute			
1	Stick: Put behind You (wrists straight & Arms Parallel)... Lift		
2	Stick: Put Behind You (wrists straight)... Lift & Pull Apart		
3	Stick : Arms Parallel & Raise Over Head		
4	Stick : Arms Parallel & Raise Over Head & Pull Apart		
5	Stick: Figure Y & Raise Over Head & Pull Apart		
6	Stick: In front with Hips width & Pull Apart and Stand Up straight		
7	Stick: Behind with Hips width & Pull Apart and Stand Up straight		

HAND EXERCISE	Sock with pennies	Squeeze for 10 seconds x6 /Day
	Prickly Squeeze Ball	Roll between hands for Accu-Point Massage

Resource	
www.threeminuteegg.com	YOU a 5 percent discount if you enter the coupon code TotFit into your next order!
Squeeze Balls	http://www.ebodylogic.com/paineraser.html

Notes from Catherine Carrigan:

I have had clients gain anywhere from ½ to 1 inch in height as measured by their medical doctors as a result of practicing these exercises regularly. Other benefits have included eliminating neck and shoulder pain.

If you have questions about your posture, please email me at Catherine@totalfitness.net or call 678-612-8816 to set up an appointment.

www.totalfitness.net

www.catherinecarrigan.com