

OSLER
PAMPHLET

KEEPING
FIT
through
EXERCISE

METROPOLITAN LIFE INSURANCE COMPANY
CANADIAN HEAD OFFICE—OTTAWA

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PAMPHLET



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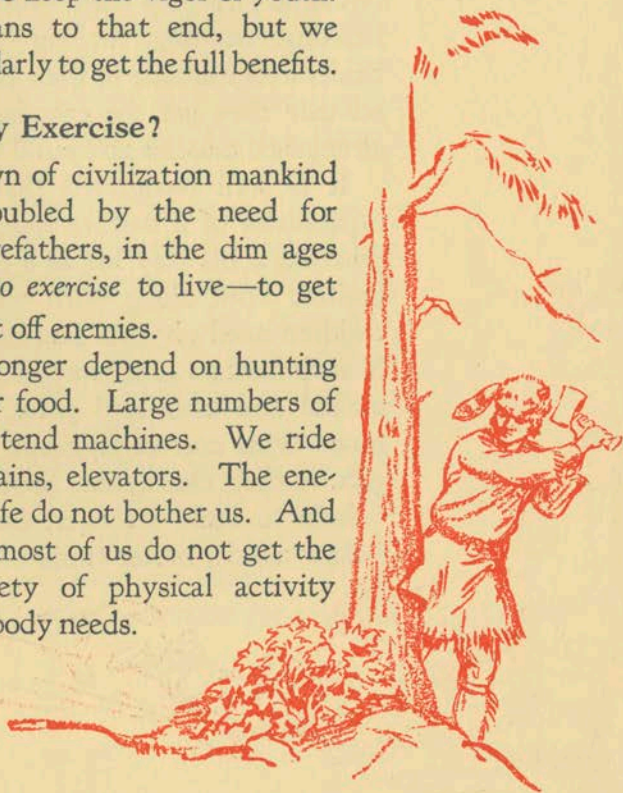
Keeping Fit *through* Exercise

WE ALL want to keep the vigor of youth. Exercise is a means to that end, but we must exercise regularly to get the full benefits.

Why Exercise?

BEFORE the dawn of civilization mankind was not troubled by the need for exercise. Our forefathers, in the dim ages long passed, *had to exercise* to live—to get their food, to fight off enemies.

Today we no longer depend on hunting and fishing for our food. Large numbers of us sit at desks or tend machines. We ride in automobiles, trains, elevators. The enemies of primitive life do not bother us. And the result is that most of us do not get the amount and variety of physical activity which the human body needs.

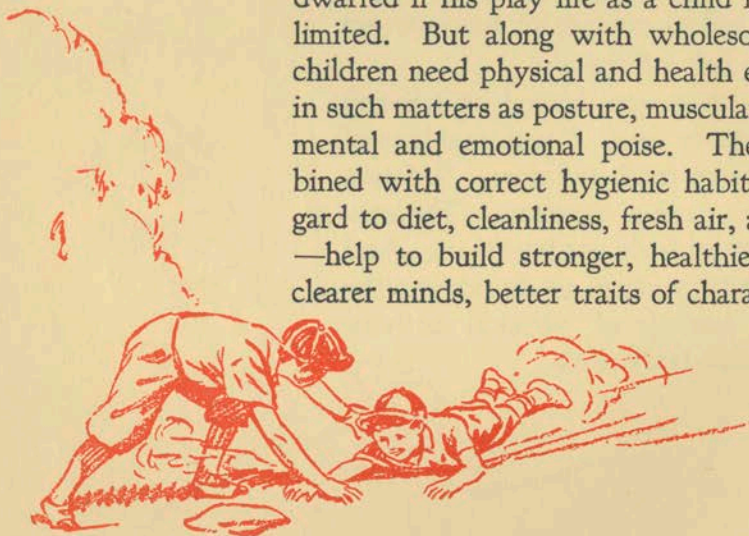


Exercise serves a wide variety of bodily needs. It may serve to improve posture—to help us carry ourselves well—to increase strength, vigor, endurance, beauty—to correct physical defects.

Lessons from Childhood

CHILDREN get their exercise in the form of play. That is nature's way of developing the body for the business of life. When boys and girls play hard—running, jumping, bending, twisting, turning—they use practically every muscle in their bodies. Unconsciously they get the exercise they need to strengthen muscles and build vitality.

It is well recognized that the physical capabilities of a mature individual may be dwarfed if his play life as a child is unduly limited. But along with wholesome play, children need physical and health education in such matters as posture, muscular control, mental and emotional poise. These, combined with correct hygienic habits—in regard to diet, cleanliness, fresh air, and sleep—help to build stronger, healthier bodies, clearer minds, better traits of character.



Exercise Necessary in Mature Years

THE suppleness of limb and the untiring vigor developed in the play and sports of childhood soon tend to pass with advancing years. Our daily work often requires little or no muscular activity—or, perhaps, the use of only a limited number of muscles. And so we must make up for this lack in our off-work hours. We must deliberately choose to exercise if we would enjoy its benefits.

As we grow older it becomes all too easy to take as little exercise as possible, despite the fact that this is the time when a certain amount of exercise is very much needed. It is needed to keep the heart and lungs in prime condition—to keep the circulation active—to improve digestion and elimination—to preserve a healthful and attractive posture. In short, it helps to insure proper functioning of the whole body—to keep us full of vigor and feeling fit.

With lack of exercise the muscles get soft and lose tone. The walls of the blood vessels, stomach, and intestines are largely muscle. The heart itself is a muscle. These all need the help which exercise gives.

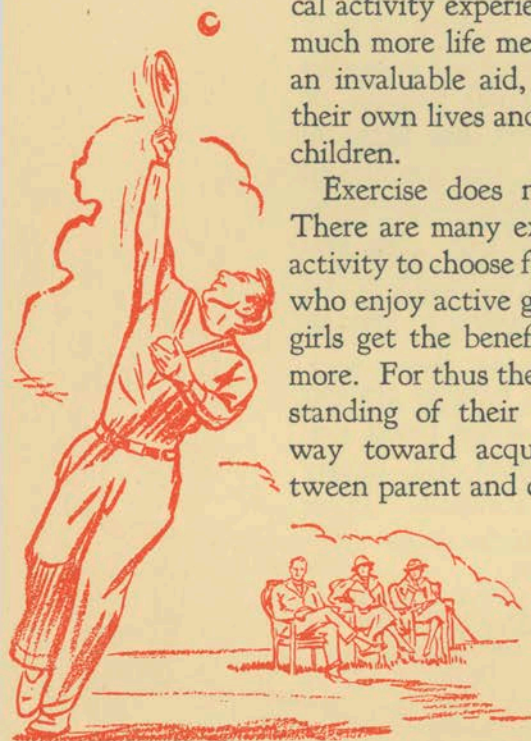


General exercise and certain special exercises, as described later on pages 11 to 22, often have considerable value in controlling or reducing overweight. Especially is this so when, under the direction of a doctor, a careful balance is kept between exercise, diet, and rest.

Getting Fun Out of Exercise

IT is a splendid thing when men and women carry over into adult life the joy of physical activity experienced in childhood. How much more life means to them! They have an invaluable aid, both for the conduct of their own lives and for the guidance of their children.

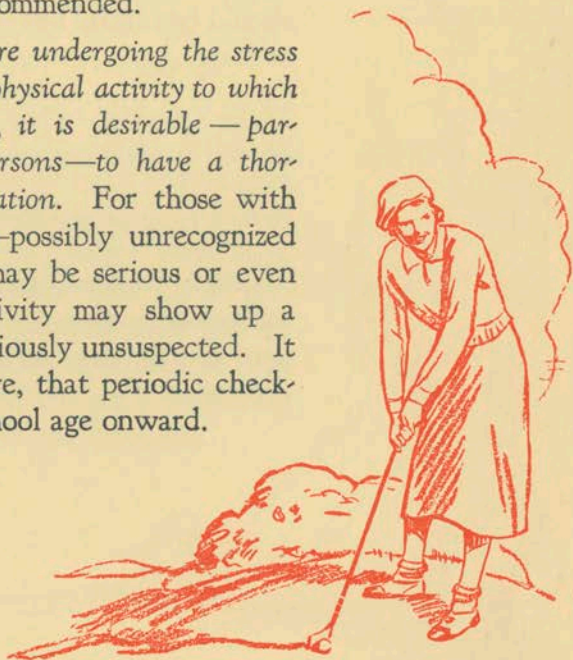
Exercise does not need to be a chore. There are many excellent forms of physical activity to choose from. Mothers and fathers who enjoy active games with their boys and girls get the benefits of good exercise—and more. For thus they develop a keener understanding of their children, and go a long way toward acquiring ideal relations between parent and child.



Outdoor sports comprise a series of exercises that are hard to beat. It is a delight to acquire skill in playing outdoor games, such as tennis, baseball, or golf. There is a feeling of freedom and power which comes from the thorough mastery of such activities as skating, or skiing, or swimming. In this kind of exercise keen enjoyment goes hand in hand with keeping the body fit.

When the weather makes outdoor sports impossible, or when other circumstances prevent them, then indoor and gymnasium games—basketball, bowling, and the like—or gym work, are recommended.

CAUTION —*Before undergoing the stress and strain of intense physical activity to which one is unaccustomed, it is desirable—particularly for older persons—to have a thorough medical examination. For those with physical disabilities—possibly unrecognized—unusual exertion may be serious or even fatal. Excessive activity may show up a bodily weakness previously unsuspected. It is important, therefore, that periodic check-ups be made from school age onward.*



Other Forms of Outdoor Exercise

IN ADDITION to the games and sports already mentioned, there are many other pleasant forms of outdoor activities to choose from. Here are some:

Walk all or part of the way to or from work.

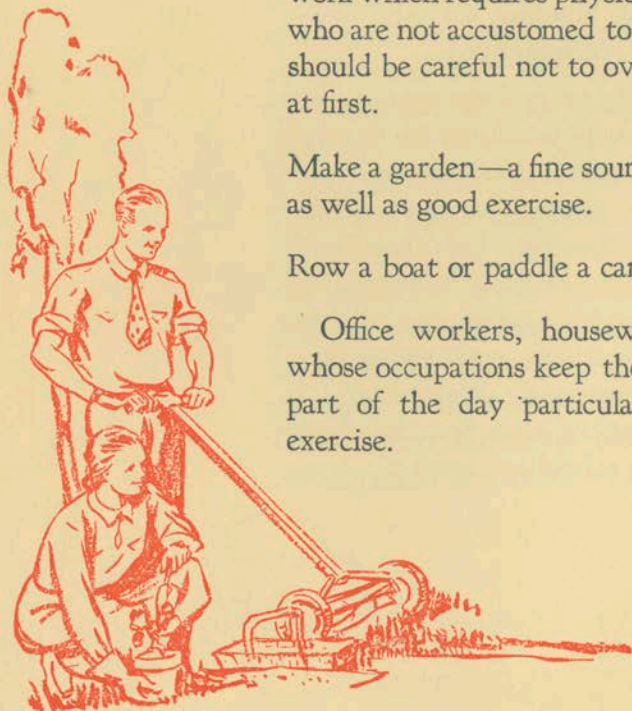
Hike. Walks in the city, as well as cross-country, are excellent exercise.

Mow the lawn, shovel snow, or do other work which requires physical activity. People who are not accustomed to this sort of work should be careful not to overdo it, especially at first.

Make a garden—a fine source of real pleasure as well as good exercise.

Row a boat or paddle a canoe.

Office workers, housewives, and others whose occupations keep them indoors a large part of the day particularly need outdoor exercise.



Exercising at Home

MANY people—especially city apartment house dwellers—may not be able to find convenient facilities for active outdoor recreation. Many, perhaps, do not have enough leisure, or are unable for other reasons to take part in games or sports. For such people regular systematic exercise in the home is a valuable substitute. This form of exercise also helps to round out outdoor activities.

For those who desire to take this way to keep trim and fit, the exercises described on pages 11 to 22 have been prepared. These exercises are also available in separate chart form, which you may secure on request.

The exercises are divided into two series of twelve each. Six of them take about 15 minutes—about as long as most people give at one time to this form of exercise. We suggest, therefore, that you select from each series six exercises which meet your particular needs. Then practice each set on alternate days or weeks. Suggestions to help you select well-balanced sets are given, along with the explanation of the exercises.



Getting the Most Out of Your Exercise

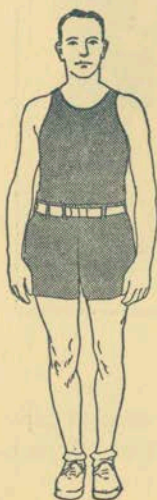
- Here are some suggestions about exercising. It will pay you to study them carefully and follow them, if you want your exercises to do you the most good.
1. Send for the exercise chart. It is more convenient to follow the chart than to use this booklet. Simply fill out and mail the coupon enclosed.
 2. Consult your doctor for his expert advice as to the amount and type of exercise most suited to your particular needs.
 3. Set a regular time and follow a regular program for each day. Exercising by the family as a group is splendid. Different members may take turns at being "class leader."
 4. Make frequent check-ups on weight and improvements in sleeping and eating.
 5. Exercise before meals, or at least one hour afterwards. Before breakfast is a convenient time for many.
 6. Provide a suitable rug or floor covering for lying-down exercise.
 7. Try to exercise at least 15 minutes daily.
 8. Drink a glass of water before exercising.
 9. Ordinarily, have windows open top and bottom. Good ventilation helps, but the room should not be too cold.
 10. Wear loose clothing—for unrestricted movement and free circulation.
 11. If you like to exercise to music, tune in on your radio for waltz music, or play a waltz selection on your phonograph.
 12. Follow instructions carefully.

SELF-DIRECTED EXERCISES

FOR VARIETY AND INTEREST

Plan your daily drill to vary the exercise movements. The following arrangement, which applies to both Series I and Series II, is suggested for a four-week period.

Weeks	Monday, Wednesday, Friday	Tuesday, Thursday, Saturday
First and Third	EXERCISE NUMBERS 1 2 4 6 9 11	EXERCISE NUMBERS 1 3 5 7 9 11
Second and Fourth	EXERCISE NUMBERS 1 3 5 7 8 12	EXERCISE NUMBERS 1 2 4 6 8 12

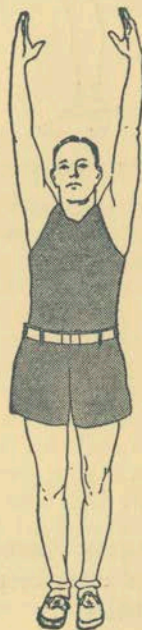


SERIES I

● EXERCISE I ●

Deep Breathing

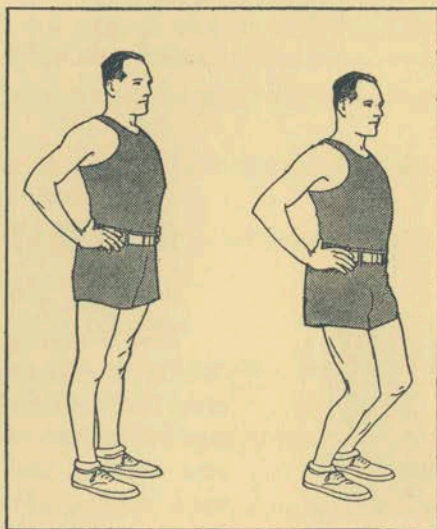
Starting Position—Stand erect, hands at sides, feet together. *One*—Raise arms sideward and upward, inhaling. *Two*—Lower arms sideward to position, exhaling. Repeat 4 times.



● EXERCISE 2 ●

For Posture and General Circulation

Starting Position—Feet together, arms hanging at the sides. *One*—Lift both arms over the head and, at the same time, bend the left knee up to the chest as high as possible. *Two*—Position. *Three*—Both arms over the head and lift the right knee in the same manner. *Four*—Position. Ten to 20 times, alternating left knee then right.



● EXERCISE 3 ●

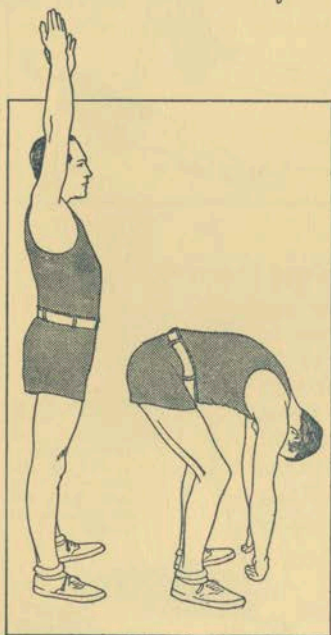
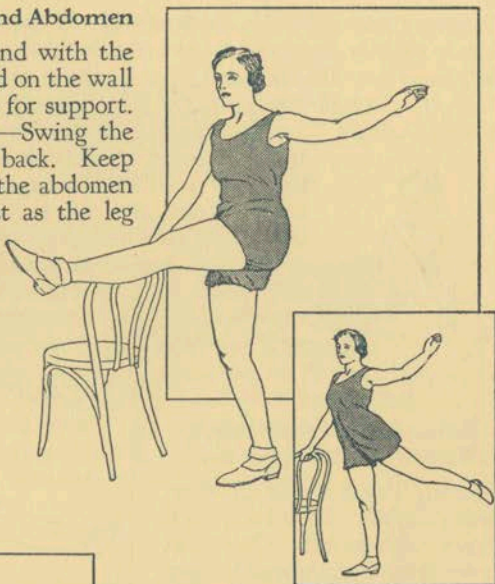
For Thighs, Hips, and Legs

Starting Position—Stand erect, hands on hips. *One*—Bend at hips and knees (keep heels on floor). *Two*—Return to position. Repeat 8 times.

● EXERCISE 4 ●

For the Hips, Legs, and Abdomen

Starting Position—Stand with the feet together, one hand on the wall or a piece of furniture for support. *In Two Even Counts*—Swing the left leg forward and back. Keep the trunk erect, pull the abdomen up, and lift the chest as the leg swings back. All the movement is in the hip, with the knee straight and the leg swinging like the pendulum of a clock. Swing each leg 10 to 20 times.



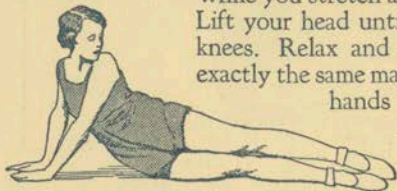
● EXERCISE 5 ●

For Posture and Relaxation

Starting Position—Stand with the feet about 18 inches apart, arms hanging at the sides. *One*—Inhale deeply and stretch both arms over the head, reaching up, not back. Lift the chest and stretch through the middle, holding the abdomen firm and tucking the lower hips under the spine. Stretch! *Two*—Exhale slowly and fall forward, bending at the waist, completely relaxed, with the lower back well rounded, knees bent, head and arms dangling. Relax! *Three*—Unbend to position slowly. Lift the head last. Do this exercise 10 to 15 times.

● EXERCISE 6 ● For Slenderizing the Waist and Hips

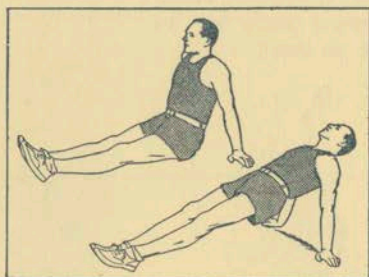
Starting Position—Sit on the floor with the legs straight, feet together, hands slightly back and to either side for support. *One*—Lift the left hand from the floor and place it by the right hand. At the same time, roll the body to the right so that the weight is on both hands and the right thigh. The elbows are straight. *Two*—Stay in this position while you stretch and tense the leg and hip muscles. Lift your head until you can see the backs of your knees. Relax and roll to the left and stretch in exactly the same manner in two counts, placing both hands on the left side of the body. Roll from side to side 10 to 20 times.



● EXERCISE 7 ●

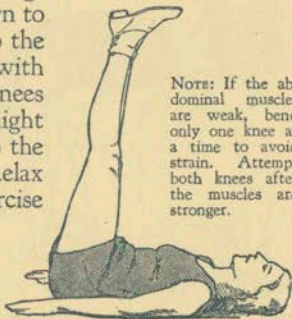
Development of Shoulders, Waistline, and Upper Arm

Starting Position—Sit on floor, lean slightly backward, and brace with hands. *One*—Lift hips forward and upward. Keep body straight, resting on palms and heels. *Two*—Return to position. Repeat 8 times.



● EXERCISE 8 ● For the Hips and Flabby Abdomen

Starting Position—Lie on the back, legs straight, feet together, arms straight down to the sides. *One*—Bend both knees up to the chest. *Two*—Stretch the legs in the air with the soles of the feet to the ceiling. Knees straight. *Three*—Keep the knees straight and let the heels sink to the floor slowly. *Four*—Relax completely. Do this exercise 10 to 15 times.

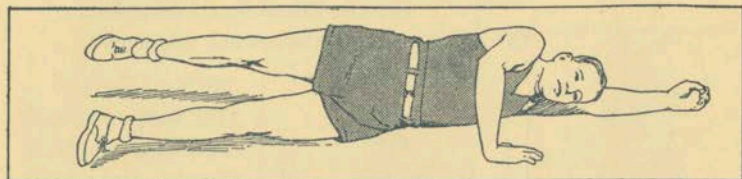


Note: If the abdominal muscles are weak, bend only one knee at a time to avoid strain. Attempt both knees after the muscles are stronger.

KEEPING FIT THROUGH EXERCISE

● EXERCISE 9 ●

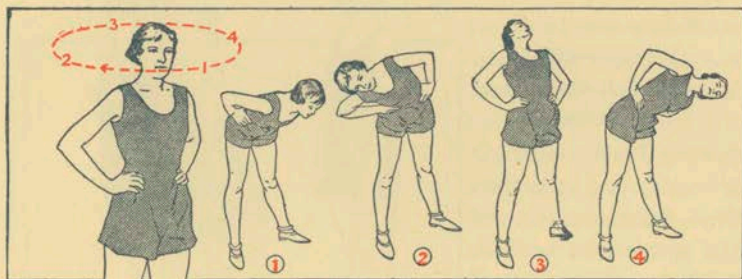
For the Legs, Hips, and Abdomen. "The Scissors"



Starting Position—Lie on the floor on the left side with the left arm stretched over the head in line with the body, palm to the ceiling. Brace yourself with the right hand on the floor in front of you to help keep your balance. The top leg is back, the bottom leg forward. Lift both feet off the floor. *In Two Counts*—Move the legs back and forth as in fast walking. When one leg is swinging forward the other is swinging back, and vice versa. All the movement is in the hips; knees straight, head and arms relaxed. Swing the legs 15 to 20 times on each side. Relax, in between, on the face or back.

● EXERCISE 10 ●

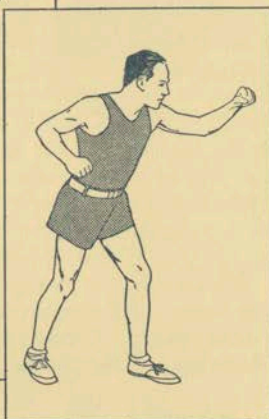
A Vigorous Exercise for the Waistline



Starting Position—Feet 18 inches apart, hands on hips. *One*—Bend forward. *Two*—Swing and bend right. *Three*—Swing and bend slightly backward. *Four*—Swing and bend left. Return to position. Repeat 4 times. Reverse and repeat 4 times.

● EXERCISE 11 ●

For the Shoulders, Lower Back,
and Abdominal Muscles

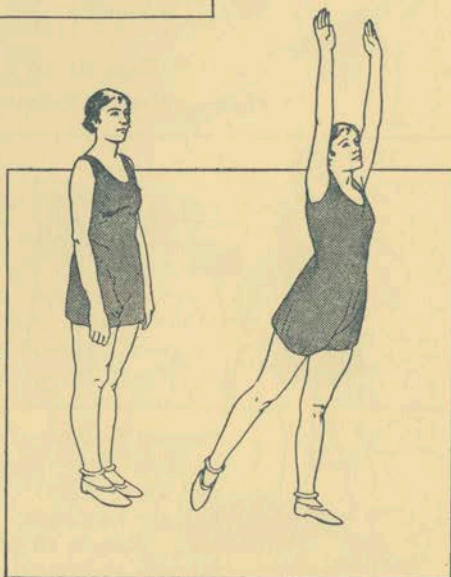


Starting Position —
Left foot advanced,
arms bent at elbow,
fists clenched. Punch
vigorously forward,
left and right, at
imaginary striking bag.
Repeat left
and right 16 times.

● EXERCISE 12 ●

For the Upper Arms and
Shoulder and Abdominal
Muscles

Starting Position—Hands
at sides, feet together.
One—Raise arms forward
and upward to vertical.
At the same time, extend
right leg backward, toes
touching floor. *Two*—
Return to position. Al-
ternate with right and left
legs. Repeat 8 times.

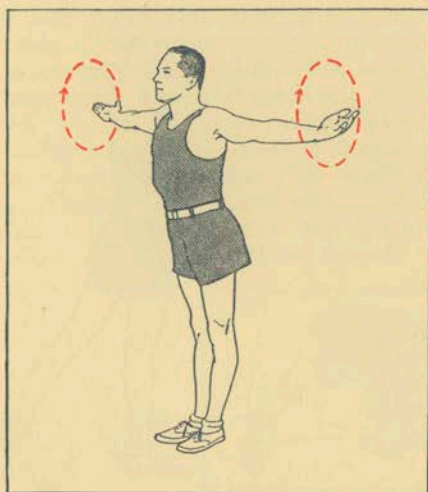
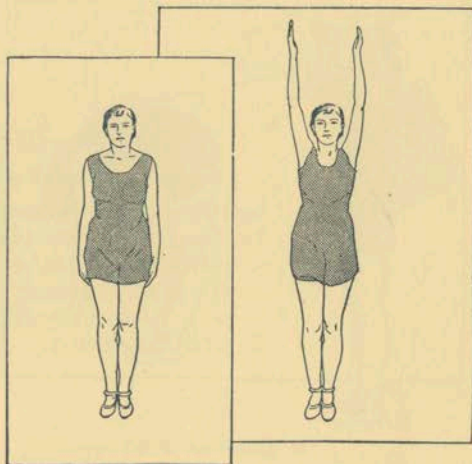


SERIES II

● EXERCISE I ●

Deep Breathing

Starting Position—Stand erect, hands at sides, feet together. *One*—Raise arms sideward and upward, inhaling. *Two*—Lower arms sideward to position, exhaling. Repeat 4 times.

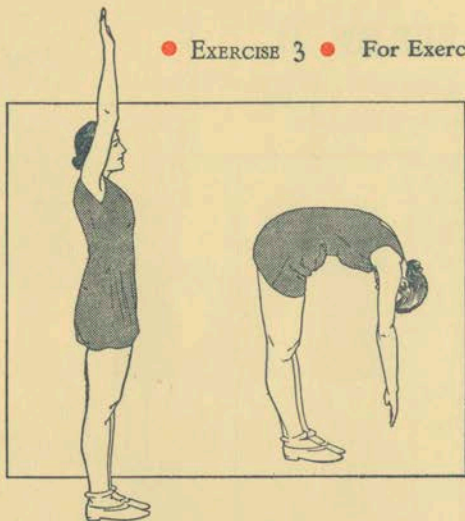


● EXERCISE 2 ●

For Posture and Shoulder Development

Starting Position—Body bent slightly forward, arms outstretched at shoulder level. *One*—Rotate shoulders to make small circles in a forward direction with finger-tips. *Two*—Rotate shoulders to make small circles in a rearward direction with finger-tips. Repeat 8 times in each direction.

● EXERCISE 3 ● For Exercising Small of Back

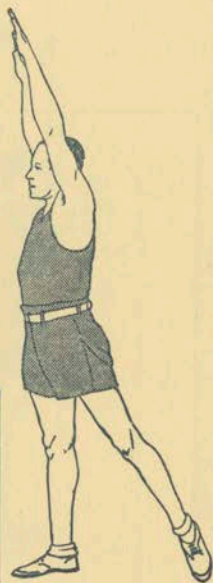
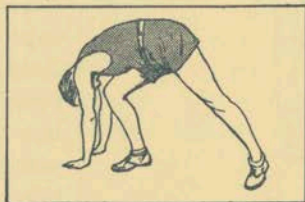


Starting Position—Stand erect, reach upward with arms as high as possible. *One*—Bend forward and try to touch floor with finger-tips. *Two*—Return to position. Repeat 8 times.

● EXERCISE 4 ●

For Excess Fat at the Waist

Starting Position—Stand with the feet far apart, toes pointing straight ahead, arms hanging at the sides. *One*—Twist to the right, so that the shoulders are facing right, and stretch both arms over the head. Stretch also through the waist. *Two*—Bend to touch the floor on the outside of the right foot with both hands. You may bend the right knee. *Three*—Lift both arms over the head with the shoulders still facing right. Stretch again through the waist. *Four*—Position and relax. Repeat in four counts to the left in the same manner. Ten to 20 times, alternating first to the right, then to the left.



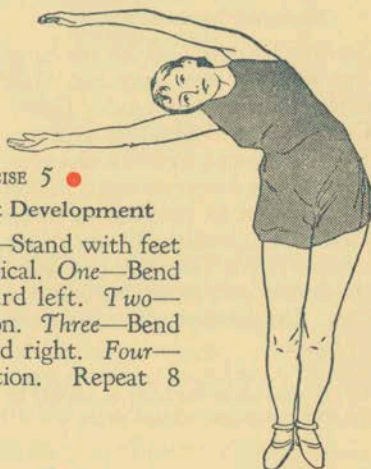
KEEPING FIT THROUGH EXERCISE



● EXERCISE 5 ●

For Side Waist Development

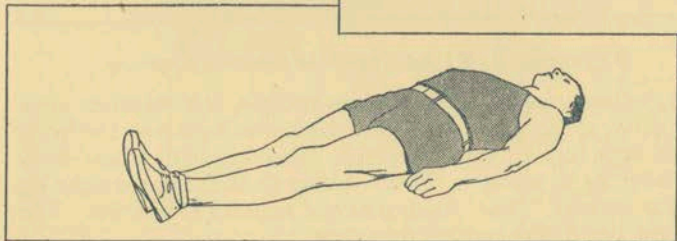
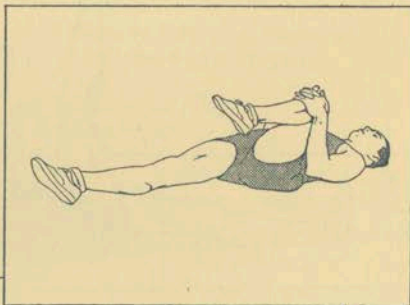
Starting Position—Stand with feet parallel, arms vertical. *One*—Bend at waist, sideward left. *Two*—Return to position. *Three*—Bend at waist, sideward right. *Four*—Return to position. Repeat 8 times.



● EXERCISE 6 ●

A Mild Exercise for Abdominal Region

Starting Position—Lie on the floor on back with arms at side. *One*—Raise left knee upward. Clasp hands around knee. Try to bring knee to chest. *Two*—Extend leg to starting position. Repeat with right leg. Exercise each leg 8 times.

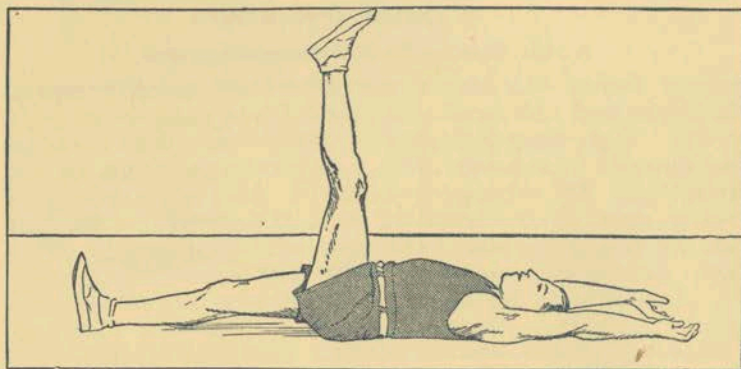
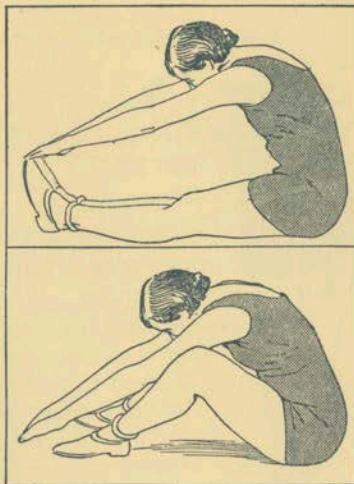


● EXERCISE 7 ●

For Flabby Abdomen and Weak Abdominal Muscles

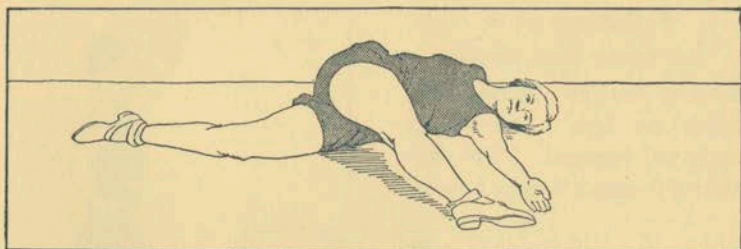
Starting Position—Lie on the back, legs straight, feet together, arms extended over the head. *One*—Come up to the sitting position. *Two*—Attempt to touch the toes, keeping the knees straight. *Three*—Lie down to position. *Four*—Relax completely. Every other time on count *Two*, you may bend the knees and reach beyond the toes. Do the entire exercise 10 to 15 times.

NOTE: If the abdominal muscles are weak, let the arms assist the body in coming to the sitting position to avoid strain.



● EXERCISE 8 ● **An Excellent General Exercise**

Starting Position—Lie on the back, legs straight, feet together, arms straight down at the sides. *One*—Lift both arms high over the head, and at the same time lift the left leg high. Knee straight. *Two*—Both arms and left leg to position. *Three*—Lift both arms and the right leg in the same manner. *Four*—Both arms and right leg to position. Ten to 20 times, alternating first left then right.



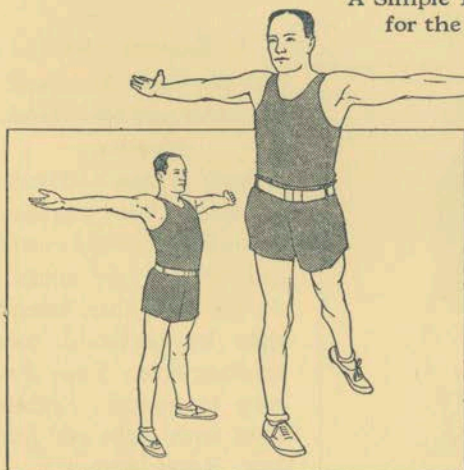
● EXERCISE 9 ●

For the Waist, Hips, Legs, and General Circulation

Starting Position—Lie on the back with the legs straight, feet together, arms extended to the side, shoulder height. *One*—Bring the right leg over and as close as possible to the left hand. Attempt to keep both hands and both shoulders on the floor. This requires a good twist through the waist. *Two*—Replace the right leg to position. *Three*—Bring the left leg over to the right hand in the same manner. *Four*—Position. Ten to 20 times, alternating first right then left.

● EXERCISE 10 ●

A Simple Twisting Exercise
for the Waist Region

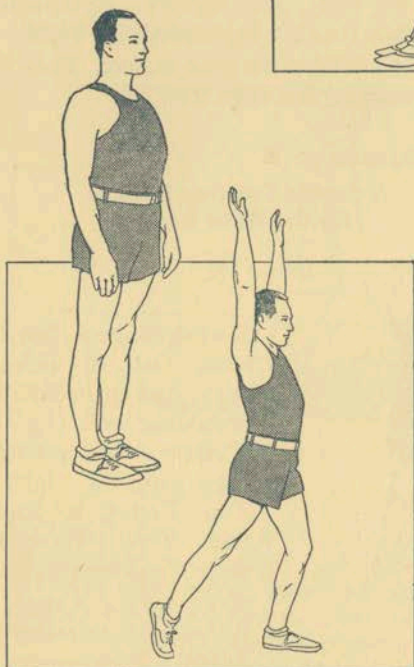
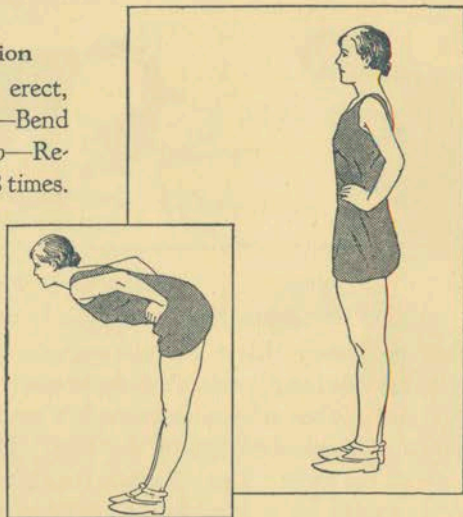


Starting Position—Stand erect, feet 18 inches apart, arms outstretched at shoulder level. *One*—Twist at waist a quarter turn toward right. *Two*—Return to position. *Three*—Twist at waist a quarter turn toward left. *Four*—Return to position. Repeat 8 times.

● EXERCISE 11 ●

For Lower Back Region

Starting Position—Stand erect, hands on hips. *One*—Bend body well forward. *Two*—Return to position. Repeat 8 times.



● EXERCISE 12 ●

For the Upper Arms and Shoulder and Abdominal Muscles

Starting Position—Hands at sides, feet together. *One*—Raise arms forward and upward to vertical. At the same time, extend right leg backward, toes touching floor. *Two*—Return to position. Alternate with right and left legs. Repeat 8 times.

My DAILY EXERCISE CHART can
be obtained by mailing the en-
closed coupon or by writing to the

WELFARE DIVISION

METROPOLITAN LIFE
INSURANCE COMPANY

180 WELLINGTON STREET
OTTAWA

Pamphlet

