

Impressions „Leisure in motion“

Integrate movement and relaxation into your everyday life – there are hundreds of occasions.

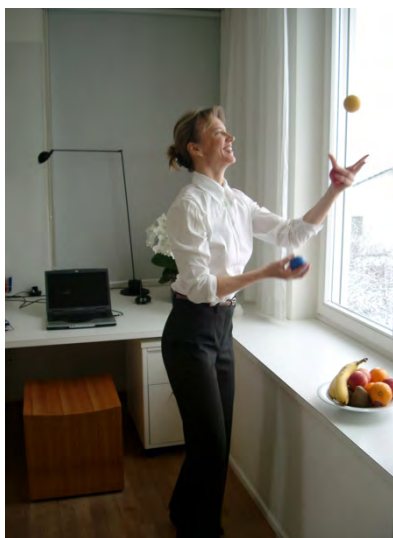


Energize yourself outdoor in any weather.

Balance and use your unfamiliar hand to clean your teeth.



Stretch, balance and sing along while cleaning your house.



Interrupt your computer work with an energy break every 20 minutes.



Align yourself, stretch, feel symmetric and breathe – even while cooking.



Do not stand still, walk around while waiting.



Carry a backpack for free swinging arms. Compensate a long trip with simple exercises.



Warm up for swimming.



Twist occasionally like a cat when sunbathing and relaxing.



After gardening: Hang onto a tree - it restores the symmetry in the body and refills the discs. When lying down, your body is very effectively relieved and regenerated.



Dance, swing and sing along with your household duties.



Climbing stairs makes you elastic and strong. Use the staircase instead of elevators and escalators as often as possible. Use the stairs even as a stretching aid.

Fotos © Ludmilla Weber