



Can walk, Can walk with assistance

# For people who would like to ease the condition of constipation

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In order to take the straining position when you excrete, you have to put force to your abdomen to stabilize your waist. Unconsciously, this training will build up your abdomen and will help to ease constipation.

## 1 Body twisting exercise (15 sets)

To stimulate your bowel with rhythmical movement

\*Prepare two plastic bottles filled with water.



Stand and spread your legs to shoulder width.



Twist your body left and right while holding one PET bottle in each hand.

## 2 Exhale and inhale (20 sets)

Enhance bowel movement



Exhaling every air inside your belly.  
(Stomach will become deflated)



Try to breath in as much air as possible.  
(Stomach will inflate.)

\*Lift up both heels