



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 Inhale & Exhale (20 sets)

To enhance bowel movement



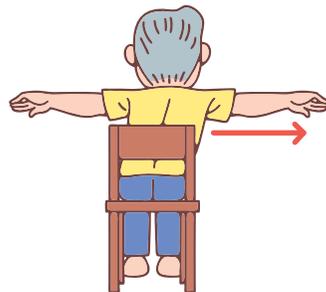
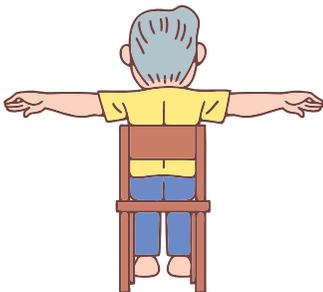
Exhaling every air inside your abdomen.
(Stomach will become deflated)

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

*Lift up both heels

2 Upper body sliding exercise-Left to right (10 sets/side)

To stimulate your stomach



Lift your arms to be on the same level as your shoulders while sitting on the chair

Sliding your upper half horizontally from left to right. Slide to the opposite side after 2-3 seconds.

* You can do this exercise by lowering your hands on the sides if there are difficulties in spreading your arms.

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Can sit & stand with assistance