

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

It is hard to excrete while laying down because abs can not effectively put pressure to the bowel in this position. Training the abs to make it easier to excrete.

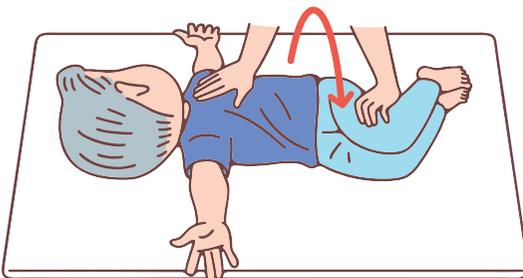
### 1 Body rocking exercise with knees curled (10 sets) To enhance bowel movement



Hold your knees closer to your chest for 5 seconds. Start to rhythmically rock your body back and forth by lifting your hips off the floor.

*\*When experiencing difficulties to use two knees, it is alright to use one knee.*

### 2 Waist twisting exercise (10 sets/side) To stimulate your bowel with rhythmical movement



Open up care receiver's arms, erect the knees and put it on the floor.

*\*If care receiver has difficulty to put the knees on the floor, care giver could help him twist the body by moving the waist*