

EXERCISE BALLS



Are you wanting to get a start on your New Years resolutions and are unsure how?

Here are a few helpful hints for proper use if you have received a gymball (Swiss ball or exercise ball) for Christmas. You may have also decided to join the local gym.

The exercise ball is a marvellous method of getting back into shape.



Start slowly and build on your success.

- Place the ball in the corner before you sit on it. It is stable there and you will have less risk of falling off.
- When you go to sit on the ball, place your hands on the sides. This allows you to have control of the balls motion.
- After you have blown up your ball, check to see that your hips and knees are at 90 degrees.
- Start with simple motions such as moving your pelvis forward and backward or pressing your sits bones into the ball from side to side.
- Once comfortable, move the ball out from the corner and continue to practice the movements until they are easy.

You can get some instruction from the booklet that came with your ball. If you have any concerns, or are looking for 1 to 1 instruction, or a class where you can get a better understanding of how to work with your exercise ball, you can call A Body in Balance Therapy Centre at 469-3214 in Dartmouth.