

How to make the most of **#Lockdown** Time!

A Guide Specially Designed for Seniors



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Our world is going through a difficult phase of the sudden outbreak of the Novel Coronavirus. People have been urged globally to stay indoors and safe to avoid the spread of the virus. It has been noticed that seniors citizens are more vulnerable to this virus due to their weakened immune systems and underlying chronic conditions. While staying at home can help us eliminate the risk of spreading the infection, this can also lead to idleness and a sedentary lifestyle for most of us, especially for our seniors.

Our seniors have always been on their toes to make us who we are today. This is the time we do something for our heroes and look after their growing needs. Staying indoors for a long duration can pose a challenge to the physical well-being and active lifestyle of our seniors. Self-quarantine although preventive can add to the senior's stress and mental disturbance, having negative effects on their health and quality of lifestyle.

To reduce the likelihood of such negative effects it is quite essential for seniors to lead a healthy lifestyle for their well-being.

Regular physical activity for seniors can:

- *help prevent common diseases.*
- *boost relaxation and improve the mood.*
- *Improve mental health.*

Health advisory for the elderly population of India during COVID-19

Globally, COVID-19 has impacted several lives and is steadily increasing its reach. While the Indian Government has taken stringent actions to contain the spread of COVID-19, including the nation-wide lockdown, it is also critical for each one of us to follow the protocols and take necessary measures and precautions to break the chain of transmission of the disease. Elderly people are at a higher risk of COVID-19 infection due to their decreased immunity and body reserves, as well as multiple associated comorbidities like diabetes, hypertension, chronic kidney disease and chronic obstructive pulmonary disease. Also, the course of disease tends to be more severe in case of senior citizens resulting in higher mortality. However, COVID-19 transmission among elderly population can be reduced by taking the following precautions:



DO's

- 1.** Stay at home. Avoid meeting visitors at home. If meeting is essential, maintain a distance of one meter.
- 2.** Wash your hands and face at regular intervals with soap and water.
- 3.** Sneeze and cough either into your elbow or into tissue paper/handkerchief. Dispose of the tissue paper/ wash your handkerchief, immediately.
- 4.** Ensure proper nutrition through home cooked fresh meals. Hydrate frequently and drink fresh juices to boost immunity.
- 5.** Exercise and meditate.
- 6.** Take your prescribed medicines regularly. t
- 7.** Talk to your family members (not staying with you), relatives, friends via call or video conferencing. Take guidance from the internet or via phone call.
- 8.** Postpone your elective surgeries (if any) like cataract surgery or total knee replacement.
- 9.** Clean frequently touched surfaces or objects with disinfectant regularly.
- 10.** Monitor your health. If you develop fever, cough and/or breathing difficulty immediately contact the nearest health care facility and follow the medical advice rendered.
- 11.** Follow the government and verified news sources for any information and avoid getting stressed.



DON'Ts

- 1.** Cough or sneeze into your bare hands or without covering your face.
- 2.** Come in close contact with people, if you are suffering from fever and cough.
- 3.** Touch your eyes, face, nose and tongue with unwashed hands.
- 4.** Go near affected/sick people.
- 5.** Self-medicate.

- 6.** Shake hands or hug your friends and near ones.
- 7.** Go to the hospital for routine checkup or follow up. Try engaging in tele-consultation with your healthcare provider.
- 8.** Go to crowded places like parks, markets and religious places.
- 9.** Go out unless it is absolutely essential.

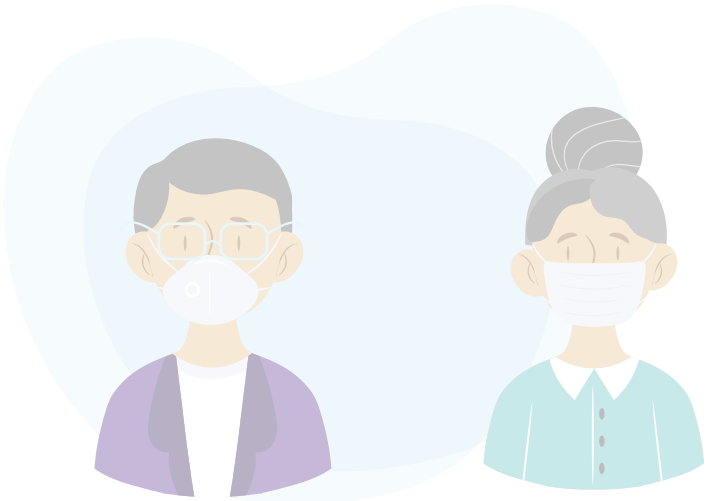
How to coronavirus-proof your home

Life under coronavirus means staying at home as much as possible — but you'll likely need to make a trip to the grocery store or pharmacy at some point. Download or print this tip sheet to make sure you don't bring the virus back home with you.

1

Make a game plan

- Designate one person to be your errand-runner to limit your outside exposures.
- Set up a disinfecting station — an area outside your home or in a room with low foot traffic where you can disinfect packaged food.



2

When you're outdoors

- Maintain a minimum distance of six feet from others.
- Wipe handles on carts or baskets while shopping.
- Wear gloves and a mask when you go out.

3

When you get back

- Wash your hands with soap and water for 20 seconds.
- Wipe your keys, phone which you have carried along with you.
- Disinfect, takeout boxes and packaged foods at your disinfecting station.

Keep a bucket with water and ensure all milk packets are washed properly before use.

- Thoroughly wash vegetables in a bucket of vinegar and water before putting it in your kitchen.



4

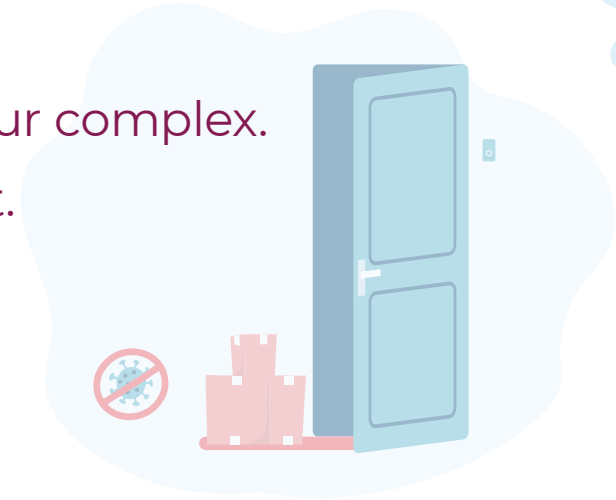
Disinfect

Disinfect everything you touch — doorknobs, light switches, keys, phone, keyboards, remotes, etc. Use EPA-approved disinfectants (these include Clorox Disinfecting Wipes and certain Lysol sprays) and leave surfaces wet for 3-5 minutes.



5 Delivery

- Ask workers to drop deliveries off on your doorstep or an area of your complex.
- If they need you to come to the door, maintain a distance of six feet.
- Pay and tip online when possible.
- After you pick up mail from your mailbox, wash your hands.



6 Laundry

- Wash clothes, towels and linens regularly on the warmest setting.
- Disinfect your laundry hamper, or place a removable liner inside it.
- Don't shake dirty laundry to avoid dispersing the virus in the air.



7 Guests

- You shouldn't allow guests over right now.
- If you need to house a family member or friend, avoid shared living spaces as much as you can.
- If they need to enter shared living spaces, ask them to keep six feet of distance.



8 If someone in your home gets sick

- First, consult your doctor.
- Isolate them in another room and ask them to use a separate restroom.
- Disinfect frequently touched surfaces every day.
- Avoid sharing items with them.
- Wear gloves when washing their laundry.
- Continue to wash your hands frequently.
- Ask them to wear a face mask if they have one.



9

Supplies you'll need

- EPA-approved disinfectants
- If you don't have disinfectants, make a bleach solution:
 - a. Mix four teaspoons bleach per quart of water; or
 - b. Use a 70% alcohol solution
- Laundry detergent
- Trash bags
- Prescription medicines (you can mail order these)
- Canned foods — fruits, veggies, beans
- Dry goods — breads, pastas, nut butters
- Frozen foods — meats, veggies, fruits



COVID-19: Diet to boost immunity in seniors

COVID-19 has undoubtedly put the whole world in a disturbing situation, where everyone is scared and is in self-isolation and quarantine. This infectious disease is especially dangerous for the seniors as they are more prone to getting affected by it. The reason behind is that they do not have a very strong immunity. And they are more likely to have other health concerns like diabetes, blood pressure, lung disease, or even heart disease that can lower their body's immunity.

Here are six of the biggest immunity boosters for seniors.

1 Fruits and Vegetables

It's a proven fact that good health and nutrition go hand in hand. As the elderly are more prone to coronavirus, a diet rich in certain vitamins and minerals can create a wall of immunity. You can include fruits and vegetables that are rich in beta-carotene, vitamin C & E and even zinc. These changes in the diet of the elderly can surely help them fight the infection.

Foods rich in beta-carotene

- Carrots
- Apricots
- Sweet potatoes
- Red and yellow capsicum
- Dark leafy greens, such as spinach

Fruits like Orange, Kiwi, Lemon, Guava and Grapefruit are rich sources of Vitamin C. Superfoods like Broccoli, Mushrooms, and even Kale are a few immunity boosters that you can include in your diet. They improve the immune system of older people quite rapidly. You can also include all kinds of berries in their diet along with foods rich in omega-3 fatty acids such as Beans, Flax Seeds, and even some nuts.



2

Staying Hydrated

Seniors must have 8-9 glasses of water, as that will keep their mucous membranes moist which can further lower the chances of cold and flu. If they don't sense thirst that much, you can even prepare soup for them or give them some coconut water, milk, green tea, and even homemade fresh fruit juices.



3

Herbs – that are a Must!

Some of the immunity-boosting herbs are garlic, ginseng, black cumin and liquorice (Mulethi in Hindi). Include them in the diet of the seniors in the form for tea or by adding them in their food. This will not only enhance their immunity but improve their gut as well.



4

Foods Rich in Vitamin E

Some researchers have proven that vitamin E is vital for maintaining the overall health of the senior people, including their immunity. Vitamin E is a powerful antioxidant that can protect you from various infections, bacterias and viruses. Include soaked almonds, peanut butter, sunflower seeds, and even hazelnuts to get the daily dose of vitamin E.



5

Yogurt

Yogurt is a great source of immune boosting foods for seniors. It contains vitamin D as well as good bacteria that can allow your body to fight diseases by stimulating your immune system.



Engaging activities for the elderly during the lockdown

1 Listening to Spiritual & Motivational Speakers

Being motivated and relaxed is a real key to being healthy. It is especially important now to engage yourself with good thoughts, as one is away from family and friends.


Here are some good motivational speakers like **Gaur Gopal Das**, **Sadhguru**. You can also tune into **TEDx** Talks on YouTube to hear from some of the smartest minds across the globe.

Artistic Pursuits

2 The therapeutic value of drawing and coloring comes from the need to concentrate. Elderly immerse themselves and forget their troubles whilst in the midst of a coloring activity. Everyone needs a break from reality sometimes.

 **Coloring:** There are many coloring pages available online for seniors which can be downloaded & printed and then colored. Coloring gives a lot of relaxation.

 **Drawing:** There are many online tutorials to learn easy drawing here is one of the links <http://getdrawings.com/tutorials>

 **Stick Image Storytelling:** Elders often love sharing stories, now with time they can start sketching out their stories with stick images. It's easier to draw. **Share your Stick Image Storytelling to us in our email id: Hello@primuslife.in and we will showcase your stories in our social media page.**

 **Try craft activities** like making cards, gifts, decorations, bookmarks and collages which can be immersive and gratifying.

 **Make a scrapbook:** You will be having photographs from many years, start by sorting the photos. Here is a quick tutorial on how to make a scrapbook https://www.youtube.com/watch?v=fl_3rHOzBtg

Phone Calls or Video Chats

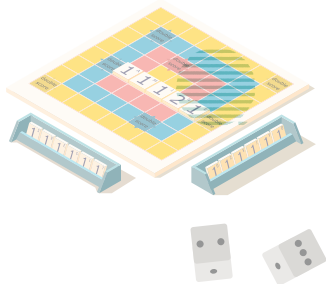
3

There are many apps that can help you reconnect with your old friends, family, cousins who you have lost touch with. share old memories, share some new recipes or even share some articles you read with your loved ones. Stay updated by connecting to people around so that you don't feel isolated. Engage yourself in Video Chats through apps like Whatsapp Video Call, Google Duo, Skype, Facetime, Zoom and many more.

4

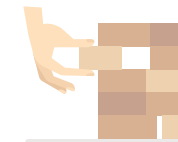
In-room Activity Packs

There are tons of in-room activities where you don't need to move around. And all of them are fun and keep your brain active. Below are the list of them:



- a.** Crossword
- b.** Spot the Differences
- c.** Who Am I
- d.** Riddles

- e.** Word Searches
- f.** Unscramble Words
- g.** Chess
- h.** Carrom



5

Armchair Travel

Elders often love travelling and experiencing new things. Elders who love exploring different cultures, travel videos could be very fascinating to watch.

For eg: You wanna explore Ireland go to youtube and search Armchair Travel to Ireland and you will find a video travel guide to Ireland. And you can list the places to be and also learn a lot about their culture. Post seeing this you can also try solving some online quiz about the country.



6

In-room Gardening

You can enliven any room with a pot plant, and there are pot plants to suit any conditions! Elders should be encouraged to pursue this wonderful hobby, there are many hidden benefits to growing plants indoors. You can also start painting/decorating the old pots and give it a new look .



7 Turn Your Home into a Salon

Try some homemade facial masks , dip your legs in some hot water and give yourself some relaxing time. Show yourself some love. *Here's a simple hack: mix three tablespoons of lemon juice with a tablespoon of turmeric powder, apply it on your face, leave it for 15-20 minutes and then wash it off.* This will leave your face moistened and glowing.

8 Take a Video of Your Hidden Talent and Share it with your Gang, also with Primus

Elders are a box full of surprises and they have many hidden talents, and now is the time to showcase your talent. Take a Video of you singing , or performing a monologue or creating a craft piece and share it with friends and Family. You can share your talents with us through **email to hello@primuslife.in** or through **whatsapp to +91 9060695845** and we will showcase your talent in our FB page painting/decorating the old pots and give it a new look .



9

Pick an Online Tutorial to Learn a New Language Today

There are many free courses online to learn a language. Use your time to learn something new. Here is a website <https://www.language tutorial.org/> that has free courses.

10

Create a Book Reading Challenge for Yourself and Your Friend/ Neighbour

Read a new book every day sitting at home. Just Books <https://justbooks.in/> has started with delivery of books at home so that you need not step out.



11

Try Digital Housekeeping

Elders, your home may be spick and span, but your digital life is a mess: photos all scattered, unnecessary whatsapp downloaded images & videos. Engage yourself to organize your Phone and delete all the things that are not required like forwards and clearing up some chats and giving your phone some space.

12

Online Gaming Session

Relive the old days and enjoy your time, play some of the all time favourite games. Spend time playing games such as Ludo, Snakes & Ladders, Scrabble and many more. Download the app on your phone and play games virtually anywhere with your friends and loved ones.



15 Exercises seniors can do at home

Balancing exercises – *These will improve your balance, physical coordination, help strengthen your muscles, and enable you to walk without falling.*



1

Single Limb Stance

Start off with a simple balancing exercise to gain stability.

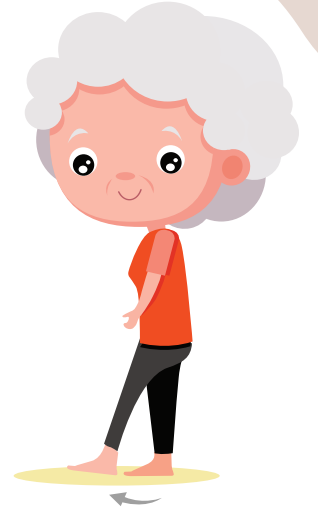
Here's how you begin:

- 1. Stand behind a steady, sturdy chair (without wheels) and hold on to the back of it.*
- 2. Lift one foot up slightly and balance on the other foot.*
- 3. Hold this position for as long as you can, then switch feet.*
- 4. Gradually, aim to stand on one foot without holding onto the chair for at least a minute.*

2

Walking Heel to Toe

1. Place your right foot in front of the left foot so that the heel of the right foot touches the toes of the left foot.
2. Step forward with your left foot in front of your right. Repeat this step with your left foot.
3. Walk this way for 20 steps.



3



Rock the Boat

1. Stand with your feet such that the space between them is at the width of your shoulder and firmly pressed into the ground.
2. Stand straight, with your arms stretched out to the sides.
3. Lift one foot off the ground, transferring weight to the other foot. Hold this position for 30 seconds.
4. Gradually, lower the leg to the ground and repeat with the other leg.
5. Perform this exercise for at least 5 minutes.

4

Clock Reach

1. Get a sturdy and steady chair for this exercise. Imagine you're standing in front of a clock.
2. Hold the chair with your left hand. Focus on the image of a clock with number 12 in front of you and 6 behind.
3. Raise your right leg and extend your right arm to number 12, then point at 3 and then 6.
4. Repeat twice per side. Look straight ahead the whole time.



5

Back Leg Raises

1. This exercise for seniors helps to strengthen their bottom and lower back.
2. Stand behind a solid chair placing your arms on the backrest for support.
3. Lift your right leg behind without bending your knees. Hold this position for a second.
4. Gently lower your leg back down. Repeat this 10-15 times on each side.



6

Single Limb Stance with Arm



1. Begin with standing with your feet together and arms stretched out to your side, next to a chair.
2. Lift up your right hand over your head.
3. Slowly raise your right foot off the floor. Hold that position for 10 seconds.
4. Repeat the same on the left side.

7

Side Leg Raises

1. Stand behind a chair and rest one or both hands on the back of the chair.
2. Keep your feet slightly apart and back straight.
3. Raise your right leg to the side and slowly lower it.
4. Repeat 15 times for each leg.



Balancing Wand

8



- 1. Perform this balancing exercise while being seated on a sturdy chair.*
- 2. Make use of a stick or a cane.*
- 3. Place the bottom of the stick flat on your palm and balance.*
- 4. Keep the stick upright for as long as possible. Switch hands to distribute the balancing skills on both sides.*

9

Marching in Place

- 1. You don't require support for this exercise. In case you do, hold onto a chair or a counter.*
- 2. Stand straight and lift your right knee as high as possible. Lower it, then lift the left leg.*
- 3. Repeat this alternatively for 20 times.*



Strength training exercises – It helps reduce the effects of osteoarthritis, improves stability, increases muscle mass and helps prevent bone fractures.

10

Side Leg Raise

This exercise for seniors strengthens their bottom and lower back.

1. Stand behind a solid chair placing your arms on the backrest for support.
2. Lift your right leg behind without bending your knees. Hold this position for a second.
3. Gently lower your leg back down. Repeat this for 10-15 times on each side.



11

Wall Pushups

This exercise will help build shoulder, arm and chest strength.

1. Stand at an arm's length in front of an empty wall.
2. Lean forward slightly and stretch your arms (shoulder-width apart) with your palms flat on the wall.
3. Make sure to keep your feet steady as you lean forward.
4. Using your arms, gently push yourself back to position.
5. Repeat this 20 times.



12

Toe Lifts

This exercise also helps improve balance.

- 1. Stand straight and stretch your arms, holding the back of a chair or a counter for support.*
- 2. Slowly, raise yourself on your toes and gently lower yourself.*
- 3. Repeat this exercise for 20 counts.*

13

Shoulder Rolls

This is a simple exercise for seniors. You can do it seated or standing.

- 1. Rotate your shoulders gently up to the ceiling, then back and down.*
- 2. Next, do the same thing, but roll them forward and then down.*



14

Hand and Finger Exercises

Here are some exercises to improve flexibility. You don't need to stand for these.



a.

- 1. Pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head.*
- 2. While holding your arms over your head, wiggle your fingers for 10 seconds. Then, walk them back down.*

b.

- 1. Touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back.*
- 2. Hold that position for 10 seconds, then switch with the other arm.*



15

Calf Stretches

This strength training exercise for seniors can be performed sitting or standing.

a.

Standing Calf

1. To do calf stretches while standing, find a wall with nothing on it.
2. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg.
3. Keep your left heel on the floor and bend your right knee.
4. Hold the stretch for 15-30 seconds. Repeat two to four times per leg.



b.

Sitting Calf

1. To stretch your calves while sitting, you'll need a towel.
2. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends.
3. Pull the towel towards you while keeping your knee straight and hold it for 15-30 seconds. Repeat the exercise 2-4 times per leg.



Yoga for seniors: 8 yoga poses for seniors

Practice yoga at home

If you are a yoga lover and due to the lockdown you are unable to get out and continue your yoga classes. Here are some quick yoga poses that you can practice while at home.

Yoga boosts strength and stamina by helping you to build muscles and improve your bone density.



1 Seated Mountain Pose

The mountain pose helps to align your posture, gently stretch the entire body, and build core strength. The aim of this pose is to hold the body in an upright position while breathing deeply and steadily. It is an easy-to-do and straightforward pose for most people. You may either do the standing mountain pose or if you feel that it is challenging to remain on your feet, perform the seated variation.

How to do :

1. Assume a seated position on a sturdy chair.
2. Separate your feet and knees to a hip-width distance.
3. Press your seating bones and hamstrings on the chair.
4. Your knees should be bent at a right angle.
5. Root the corners of the feet down.
6. Pull your belly in towards the spine.
7. Roll your shoulders up and drop them backwards.
8. Draw the shoulder blades towards the spine and lift your chest.
9. Release your hands beside your body, fingers spread and pointing downwards.
10. Lengthen your neck and hold your head sturdily as if holding a stack of books on top of your head and look straight ahead. Hold for 5 breaths.



2 Seated Supine Twist

The seated supine twist offers a gentle twist at the base of the spine that massages the internal abdominal organs; therefore, promoting detoxification of the liver and better digestion. It also lengthens the spine and strengthens the back muscles.

How to do :

- 1. Come to a seated mountain pose.*
- 2. Extend both hands in front of you, fingers pointing forward.*
- 3. Inhale and as you exhale take a twist at the waist and rotate the entire torso and hands to your right. Hold for 2-3 breaths.*
- 4. Come back to the center and switch to the left side.*



3 Downward Facing Dog

The downward facing dog (chair yoga variation) offers you the benefits of a regular downward facing dog pose without putting too much pressure on your hands and wrists. It stretches the hands and the entire posterior chain, while strengthening the upper body. It is a great posture for building overall body strength and enables you to do other yoga poses more effectively. This pose is not suitable for people with wrist, shoulders or hamstring injury.

How to do :

1. Place a chair against a wall so that the front edge of the seating surface is facing forward.
2. Stand in a mountain pose facing the chair, about 2-3 feet away from the edge of the seat.
3. Slightly bend your knees and lean your torso forward until it is a few inches lower than the hip joint level.
4. Straighten your hands forward past your head and rest them on the seat or to hold on to the outer edges of the seat. Your torso should form a diagonal line from the fingertips to the sacrum.
5. Press your hands on the chair as if you are pushing the chair away from you.
6. Draw your rib cage and belly in.
7. Draw the shoulders away from the ears and the shoulder blades backwards. Maintain a neutral spine. Avoid rounding or arching the back.
8. Gently straighten your legs and maintain a micro bend behind the knees.
9. You may keep your heels lifted a few inches off the ground or drop them to the ground, if your hamstrings are too tight.



4 Warrior II (Chair Yoga Variation)

The seated warrior II is a full body invigorating pose that strengthens and lengthens the hamstrings, quadriceps, glutes, calves, back, shoulders, biceps, and triceps. It improves your balance, stamina and agility. The pose requires you to breathe deeply therefore strengthening your respiratory system. It has therapeutic benefits for people with flat feet and carpal tunnel syndrome. If you suffer from insomnia, avoid doing the warrior II in the late afternoons and evenings.

How to do :

1. Be seated on a chair in a mountain pose.
2. Bring your seating bones forward so that they are covering only the first half of the seat.
3. Turn the right knee and foot out to the right side and bend your knee to a right angle.
4. Extend the left leg to the front and press down the foot firmly. You may bend your left knee if need be.
5. Spread your hands on either side of your torso, fingers pointed.
6. Draw the shoulder blades downwards and towards the spine, and lift your chest.
7. Keep your neck straight and head steady.
8. Hold for 3-5 breaths.
9. Switch sides.



5 Triangle Pose (Chair yoga variation)

The chair yoga variation of the triangle pose lengthens the entire side of the body. It stabilizes and aligns the pelvis and spine, strengthens glutes, hamstrings, back, quadriceps, and opens the chest and shoulders.

How to do :

1. Come to a standing position in front of the chair.
2. Step your left leg 3-2 feet back, foot turned to a right angle.
3. Keep the right foot facing forward.
4. Spread out both hands to the sides, fingers pointed.
5. Hinge at your right hip joint and reach forward as you lean downwards until your right hand rests on the edge of the chair.
6. To align your hips, press the right hip inwards and open the left hip by rotating it externally and backwards.
7. Raise the left hand and point towards the ceiling.
8. Keep both knees straight, with a micro bend if need be, and ground the feet down.
9. Either gaze down, straight ahead or up at the lifted hand.
10. Hold for 3-5 breaths.
11. Switch sides.



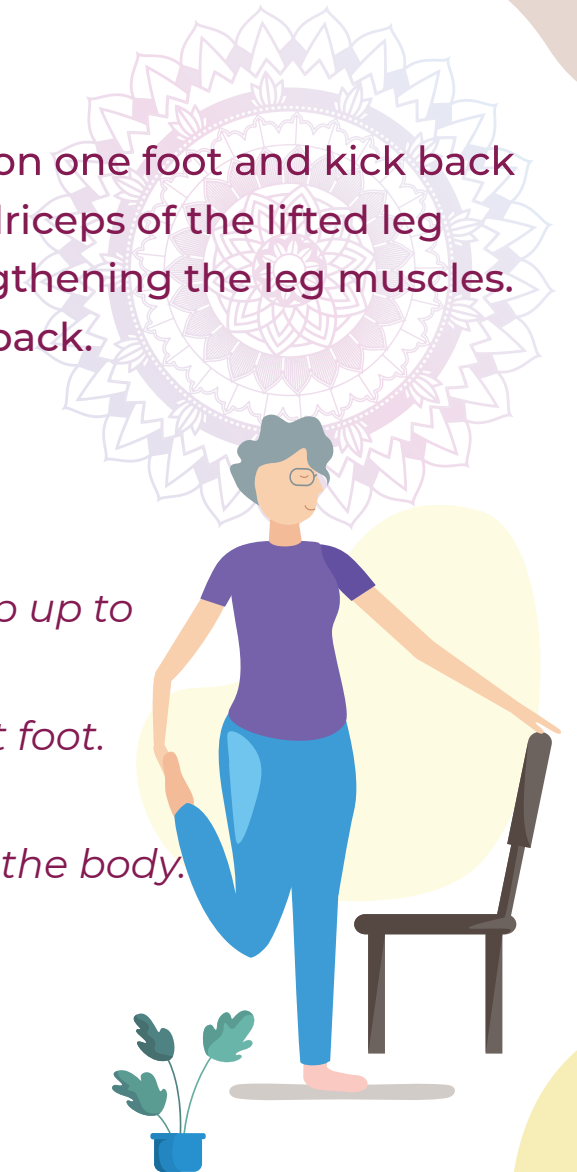
6 Dancer's Pose

The dancer's pose offers a combination of balance, flexibility, and strength. As you stand on one foot and kick back the other foot, it takes focus and concentration to hold the pose. The groin and quadriceps of the lifted leg lengthen while the hamstrings and quadriceps of the standing leg activate hence strengthening the leg muscles.

The pose also opens the chest and shoulders, and strengthens the back.

How to do :

1. Stand in a mountain pose behind the backrest of the chair.
2. Rest both hands on the backrest.
3. Ground the right leg by pressing the corners of the feet down and pulling the knee cap up to engage the quadriceps.
4. Lift your left leg backwards and with your left hand reach for the inner edge of the left foot.
5. Kick the left foot backwards as you lift it up.
6. Lengthen the torso by drawing your belly and rib cage in as you elongate the sides of the body.
7. Keep the standing leg straight or with a slight micro bend behind the knees.
8. Draw the shoulder blades back and down as you lift your chest.
9. Elongate the neck, keep the head sturdy and gaze forward.
10. Hold for 3-5 breaths.



7

Pigeon Pose

This is another hip opener that opens the groin allowing the pelvis to release tension and stabilize. It also stabilizes the spine and releases tension off the lower back while gently massaging the abdominal organs and hence promoting better digestion and detoxification.

How to do :

- 1. Seat in Tadasana.*
- 2. Separate your feet and knees hip-width apart.*
- 3. Lift the left leg, bend the knees and place the left ankle on top of the right knee.*
- 4. Lengthen your torso, hinge forward from the hip joint.*
- 5. Look ahead and hold for 3-5 breaths.*
- 6. Switch sides.*



8 Palm Tree Pose

The palm tree pose is a variation of Tadasana that promotes balance, proper posture, strengthens core, and stretches & energizes the entire body. As you lift on your toes and reach one hand up, the legs lengthen, core engages, and spine elongates giving you better posture.

How to do :

1. Come to a standing posture (Tadasana pose) facing the backrest of a chair.
2. Rest both hands on the backrest.
3. Lift your heels off the ground to stand on the balls of your feet.
4. Engage your thigh muscles as if holding a thin paper between your legs.
5. Draw your belly in, soften the ribcage and drop your tailbone.
6. Elongate the torso, lift your chest and draw the shoulder blades towards each other.
7. Reach your right hand up and keep your biceps and triceps active.
8. Drop your shoulders away from the ears.
9. Stretch your neck, hold your head sturdy and look straight ahead.
10. Hold for 3-5 breaths.
11. Switch sides.



We would love to hear your feedback on this handbook, please feel free to share your suggestions and recommendations for the next edition.

Write to us: hello@primuslife.in or Whatsapp us: 9108591532

**STAY INDOORS.
STAY SAFE.
STAY HEALTHY.**

