

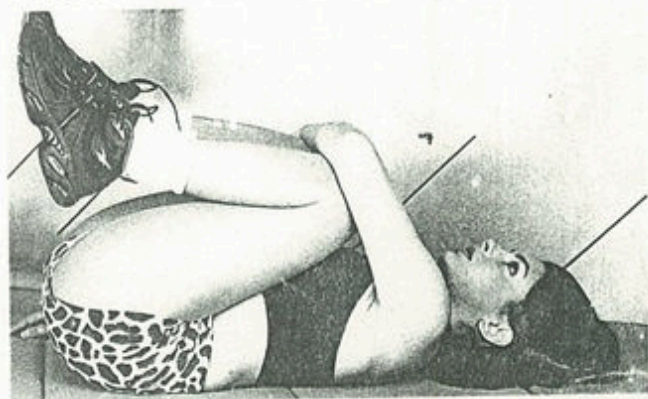
Don't Turn Your Back

A strong, healthy and flexible spine is vital to your health and critical to any movements you make.
By Nawaz Modi Singhania

1 While lying down, bring one knee to your chest. Pull it in to the extent where the middle back presses down into the floor, eradicating the natural gap which we all have between the mid back and the ground.

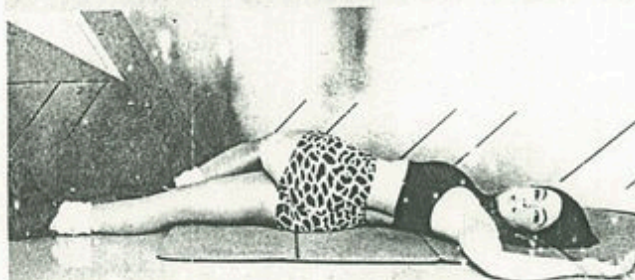


3 Lying down, hug both knees to your chest. The closer they are brought to the chest, the more the back is stretched outwards.



STRESS, lack of use, incorrect posture while sitting and faulty standing and lifting mechanics can injure the back, getting its muscles to go into spasm, causing pain, discomfort and decreased mobility. Hold these simple spine stretches for 15 to 20 seconds or more each for maximum benefit. These are also perfect to incorporate into the cool-down segment of a workout.

2 Continuing from the position of the last exercise, take the bent leg across your body down onto the floor on the other side. Do not let your shoulders lift off the floor when doing this. Looking over in the opposite direction from the knee will hold you a still greater stretch, but do this only if you're comfortable; otherwise just look up at the ceiling instead. Do exercise 1 and 2 again, using the other leg.



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