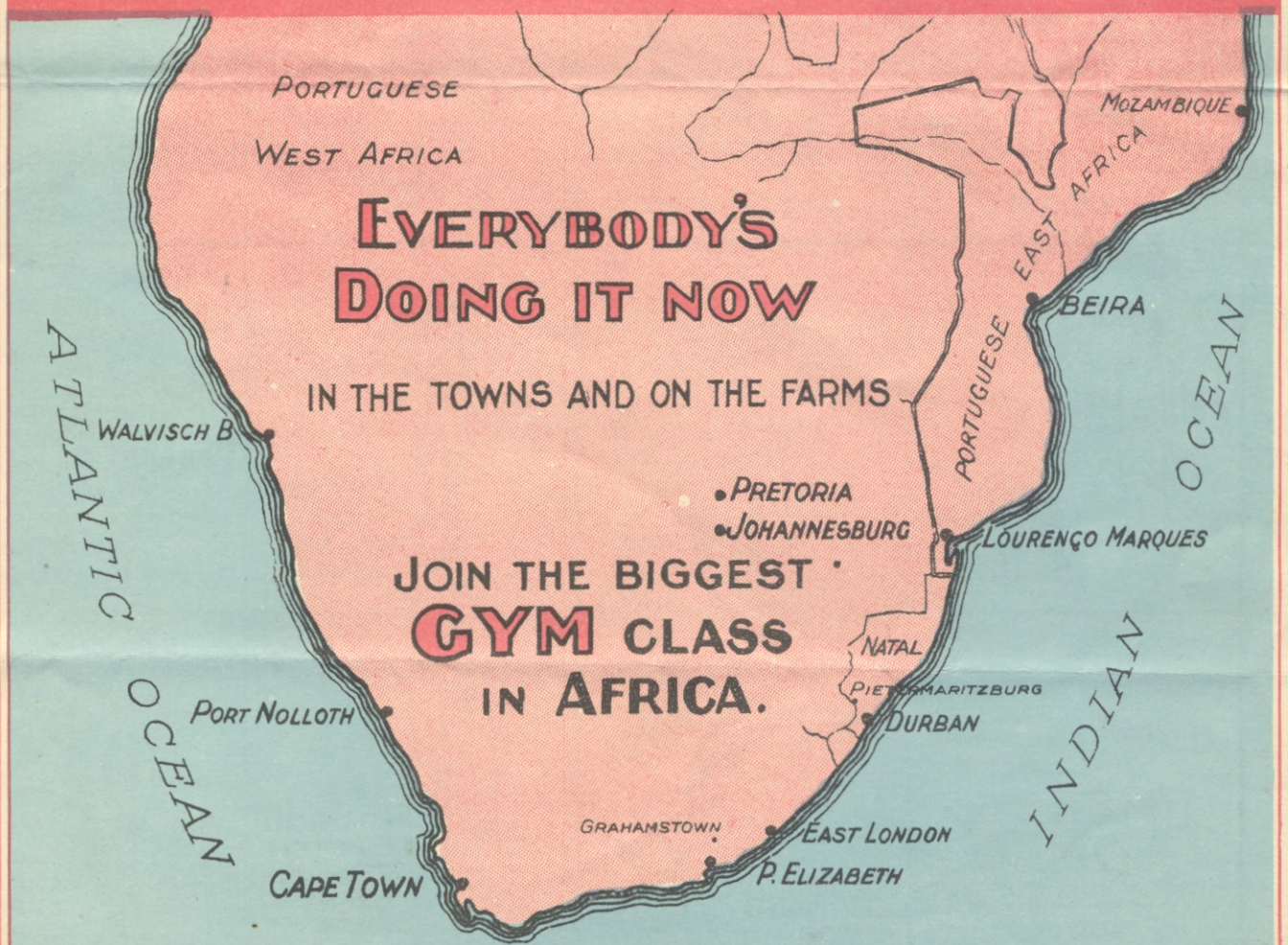


AFRICAN BROADCASTING COMPANY LTD

JOHANNESBURG, CAPE TOWN & DURBAN
RELAY STATIONS AT PRETORIA, BLOEMFONTEIN, GRAHAMSTOWN & PIETERMARITZBURG


CHART OF HEALTH EXERCISES BROADCAST DAILY (EXCEPTING SUNDAYS)



Observe These Rules

- [1] Drink a glass of water before exercising.
- [2] Have windows open, top and bottom.
- [3] Good ventilation is important, but the room should not be too cold.


1



CORRECT POSTURE

DAILY

2




DEEP BREATHING
Rising on Toes

Observe These Rules

- [4] Have clothing loose at neck and waist.
- [5] Follow the director's instructions carefully.
- [6] If possible, give a full half-hour to the exercises every morning.


MONDAY

3



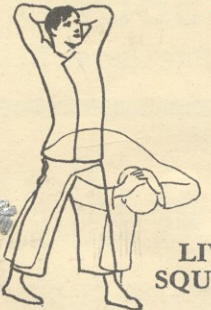
SIDE ELEVATOR
Rising on Toes

8



SIGNAL STATION

13



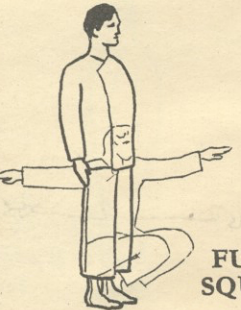
LIVER SQUEEZE

21



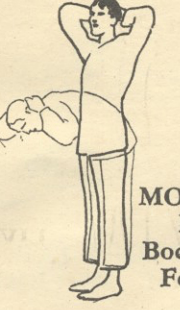
PUSH UP

7



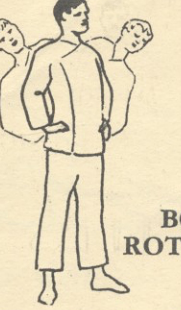
FULL SQUAT

10



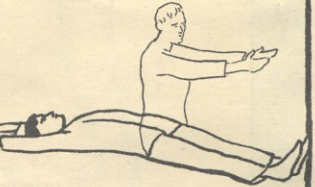
MORNING BOW
Body Bend Forward

15



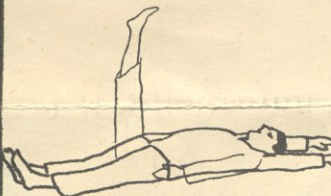
BODY ROTATION

20




SITTING UP

18



JACKKNIFE

23



BICYCLE RIDE

28



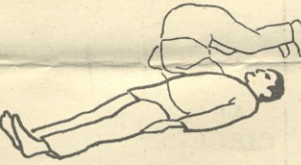
WAIST TWIST & SQUEEZE

30




ARM CIRCLES
"BETTER POSTURE"

25



BACKWARD ROLL

30



ARM CIRCLES
"BETTER POSTURE"

6



KNEE HUG
Clasping Hands around Knee

31



JUMPING JACK


TUESDAY

4



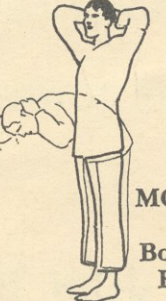
FRONT ELEVATOR
Rocking Back on Heels

9



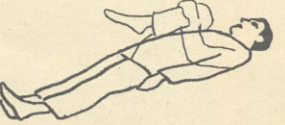
GOOSE STEP

10



MORNING BOW
Body Bend Forward

19



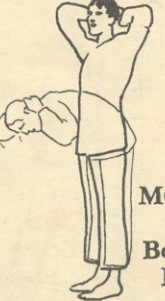
KNEE SQUEEZE
Doctor's Own Prescription

5



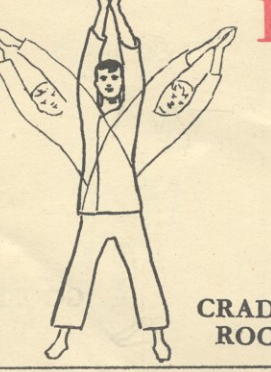
MORNING STRETCH
Toe Touching Floor Backwards

10



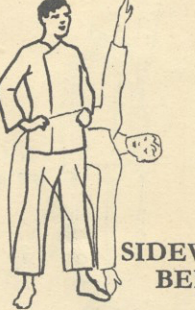
MORNING BOW
Body Bend Forward

11




CRADLE ROCK

16



SIDWARD BEND

24




ROWING

29



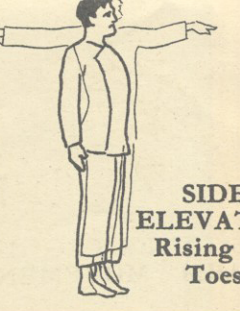
CHOPPING WOOD

5



MORNING STRETCH
Toe Touching Floor Backwards

3



SIDE ELEVATOR
Rising on Toes

26



SITTING LEG AND ARM MOVEMENTS

24



ROWING

29



CHOPPING WOOD

31



JUMPING JACK

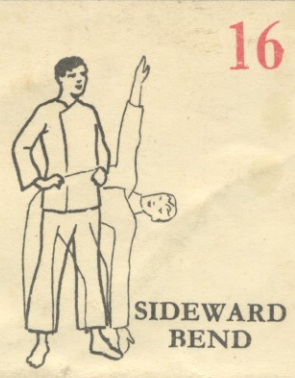
WEDNESDAY

THURSDAY

FRIDAY



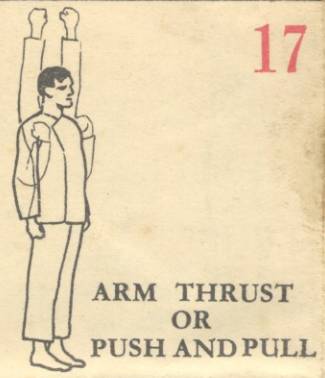
7
FULL SQUAT



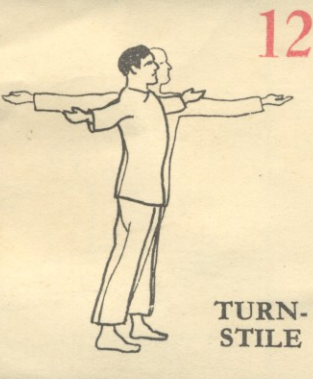
16
SIDWARD BEND



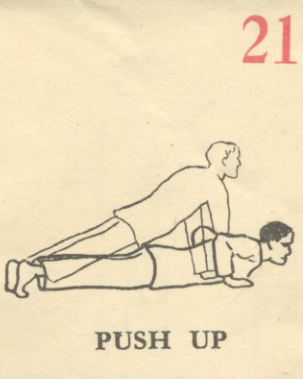
6
KNEE HUG
Clasping Hands around Knee



17
ARM THRUST OR PUSH AND PULL



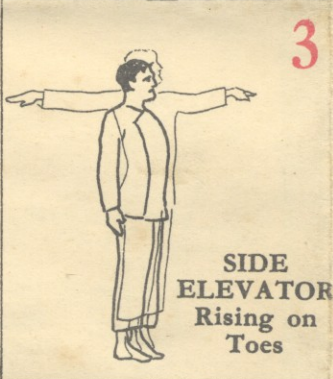
12
TURNSTILE



21
PUSH UP



26
SITTING LEG AND ARM MOVEMENTS



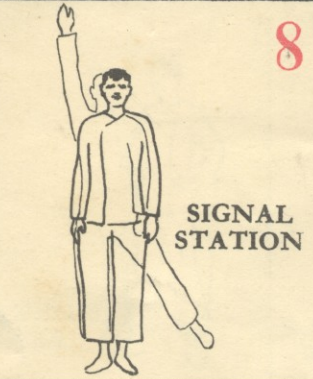
3
SIDE ELEVATOR
Rising on Toes

If in doubt about your physical condition, consult your physician before taking the exercises. Some may be unsuitable for you.

FOURTEEN RULES OF HEALTH

- | | |
|---|--|
| 1 Have fresh air where you live and work. | 8 Stand, sit and walk erect. |
| 2 Wear light, loose, porous clothes. | 9 Do not take drugs unless prescribed by a doctor. |
| 3 Get out-of-doors. | 10 Keep clean and avoid catching diseases. |
| 4 Have lots of fresh air where you sleep. | 11 Go to your doctor for a health examination once a year. |
| 5 Eat different kinds of food. | 12 Work hard, but play and rest, too. |
| 6 Use milk in various ways. | 13 Be cheerful and learn not to worry. |
| 7 Do not eat too much or too fast. | 14 Watch your weight ; excessive fat is harmful. |

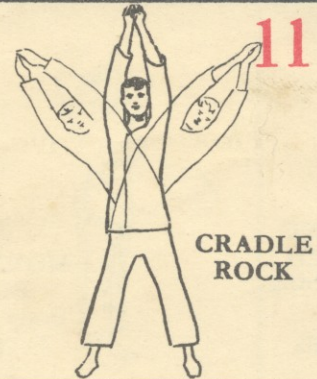
SATURDAY



8
SIGNAL STATION



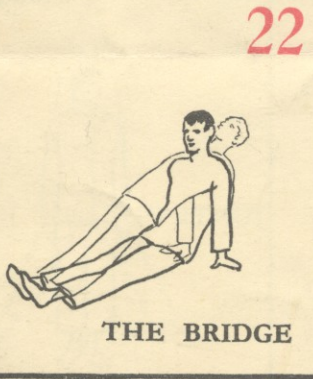
27
INDIAN STEP



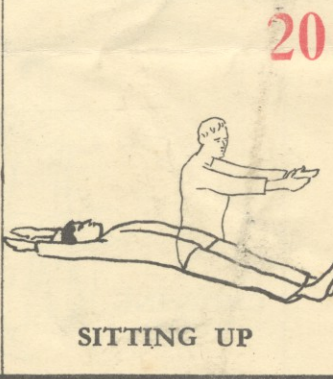
11
CRADLE ROCK



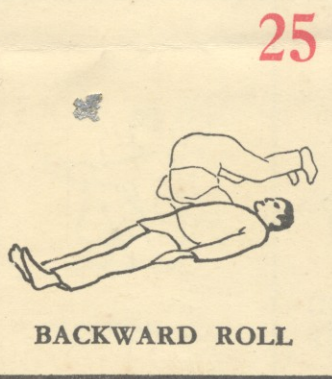
28
WAIST TWIST & SQUEEZE



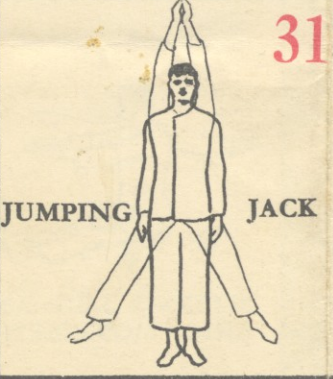
22
THE BRIDGE



20
SITTING UP



25
BACKWARD ROLL



31
JUMPING JACK