

Chinese Long Life

Exercise Program



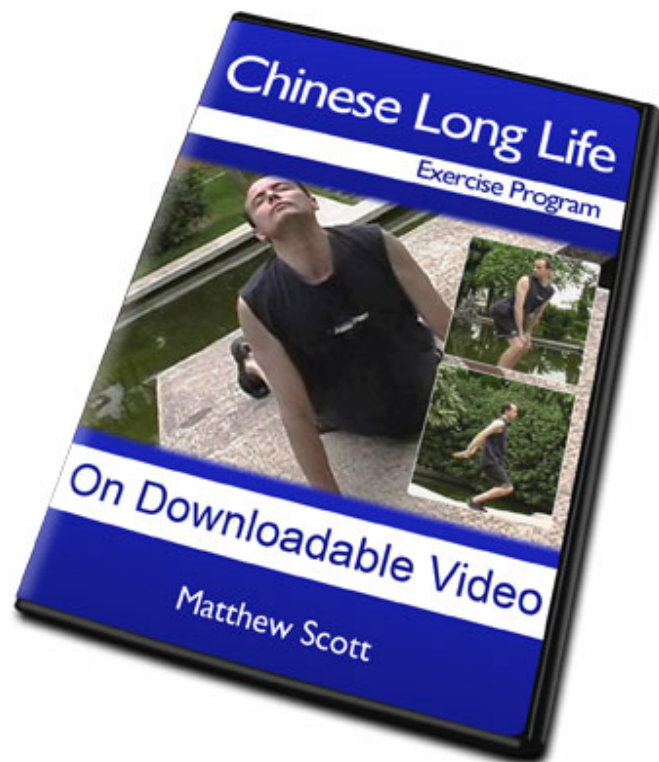
On Downloadable Video

Matthew Scott

Chinese Long Life Exercise Program

Program Notes

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Introduction

These notes support the downloadable videos at: www.chinese-holistic-health-exercises.com

Congratulations on choosing to take greater control of your health and wellbeing with this unique combination of classic Chinese stretching, strengthening, breathing and self-massage techniques. The Chinese Long Life Exercise Program will energize and relax you, make you stronger and more flexible, firm and tone your unwanted flab, improve your sleep and much more.

The program is based on methods Chinese people have used to improve and maintain their health for over 2000 years. The exercises and techniques are safe, simple, highly beneficial and extremely cost-effective. Do them regularly and as instructed and they *will* help you physically, mentally and emotionally for the rest of your life.

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Points to note before you start

1. Each exercise and technique in the Chinese Long Life Exercise Program and other programs is shown in a **separate video clip** to minimize download time for people without high-speed Internet. For the same reason, each clip has been kept as short as possible, but long enough for you to clearly see how to do the exercise or technique, e.g. you'll see 3 full repetitions of an exercise, not all 10 or 15 reps. These written notes, however, give you complete step by step instructions, including how many reps and sets you should do, and lists of benefits and tips for each exercise and technique.

2. **Important:** None of the information or exercises on the website or in these notes is intended to replace professional medical advice, diagnoses or treatment. You should always **consult your health professional** before starting or changing an exercise or dietary program, particularly if you're in poor health and/or haven't exercised for some time.

3. If you have any **questions or concerns** please let me know via the contact form on my website. I'm here to help you get the absolute most out of every exercise and technique.

This holistic exercise program takes about 30 minutes and is suitable for most people. If done before breakfast it gives you an excellent start to your day. The program may be shortened to around 15 minutes, or lengthened to around 45 minutes to suit your needs and schedule. Alternatively, you could do it mid-morning or mid-afternoon.

However, you should wait at least 2 hours after meals, particularly if doing abs exercises like the Abdominal Lift (Exercise 6). It is also recommended that you do the exercises in the order shown. Suggestions for shortening and lengthening the program are included below.

Tip: Watch each video clip once or twice to see how it's done, then refer to these notes for full instructions.

Exercise 1: Bellows Breath (Sitting)

Time: 2-3 minutes

Benefits: Expels stale air and impurities from your lungs; floods your system with fresh oxygen; energizes and calms you; balances you emotionally; firms and tones your abs; an essential exercise for city dwellers, smokers, to relieve and prevent colds and flu and to wake you up in the morning, or anytime you feel tired or dull-headed.

How

The emphasis is on fast, forceful exhalations through your mouth and slow, smooth inhalations through your nose. Sit on the front edge of a stool or chair, with your back straight and hands on your knees. Empty your lungs completely by exhaling through your mouth with a loud whooshing sound. As you exhale lean forward till your head is above your knees. As you inhale through your nose return to the upright position - fill your lungs to no more than half full though. That's one repetition.

Immediately begin another rep by once again exhaling through your mouth and leaning forward. Do 10-20 continuous reps, then sit up straight and take several slow, deep, in/out breaths through your nose to balance your breathing. That's one round. Do 2 or 3 rounds per session and finish off with several more slow, deep, in/out breaths through your nose to once again balance your breathing.

Tips: If you feel dizzy or breathless while doing the Bellows (likely if you're unfit or in poor health), stop, take some slow, deep, complete breaths and try again or later; you may initially find that you can only do a handful of reps without coughing or feeling dizzy - persist with this highly therapeutic exercise though and you'll be very thankful; the Bellows can be done as a single exercise on its own anytime of day or night.

The Bellows can also be done **standing**. The steps are the same except you stand with your feet parallel, about shoulder width apart, and hands on hips. As you exhale forcefully through your mouth, sink your weight

into your legs, curl your upper body and pelvis slightly forward and pull in/tighten your abs. Relax as you straighten up and inhale.

Exercise 2: Chest and Shoulder Loosener

Time: 2-3 minutes

Benefits: Loosens and stretches your chest and shoulders; expands your ribcage (front and back).

How

Chest Expander Part: Stand with your feet parallel and about shoulder width apart. Sink your weight into your legs. Start with your arms folded in front of your chest and hands facing down. As you move your arms out to the sides, turn your hands palms up. As your arms come back in turn your hands face down again. Start slowly and gently and gradually increase the speed and stretch. Do 10-15 then briefly stop or continue straight into the shoulder loosening stage.

Shoulder Loosener Part: Same stance as above. Slowly and smoothly rotate your arms 10-15 times in one direction then the other. Your arms cross (without touching) in front of your body as you swing them round.

Tips: Be careful if you have shoulder problems; always look straight ahead while doing it or you may hurt your neck; excellent warm up and loosener before breathing exercises.

Exercise 3: Back Twist

Time: 2-3 minutes

Benefits: Aligns your vertebrae, loosens your spine, hips and shoulders, and massages and invigorates your abdominal organs as you twist from side to side; enhances blood circulation; improves sluggish digestion.

How

Stand with your feet parallel and about waist width apart. Slowly start twisting your torso from side to side. Keep your arms loose and let them swing with the force generated by the twisting. Stay evenly balanced on both feet - try not to sway in any direction. Do 20-30 (or more) twists to each side. Don't stop suddenly though - let your arms swing until they naturally come to a stop by your sides.

Tips: Do it on a such a surface that your feet don't move about; an excellent single exercise anytime your back feels stiff or as a warm up and loosening exercise.

Exercise 4: Back Arch

Time: 2-3 minutes

Benefits: Loosens and stretches your whole back, especially your upper back and neck, and your lower back and pelvic area; firms the sides of your torso and waist; an excellent double chin exercise.

How

1. Stand with your feet parallel about waist width apart. Rest your hands just above your knees, fingers pointing inwards.
2. Exhale through your nose or mouth as you drop your head towards your chest and push your hips and pelvis forward. Feel your entire spine stretching. Don't overstretch your neck though.
3. Inhale as you raise your head up as high as you can and at the same time move your hips and pelvis back the other way until your butt is sticking up. Feel your entire spine arching. Exhale as you drop your head and butt to repeat steps 2 and 3, at least 3 times.
4. As you inhale the final time, stick your butt up (as above) but raise your head only till you're looking straight ahead. Exhale as you turn your head and look over your *right* shoulder. At the same time lift

your *right* hip and buttock a little. Do not lift your feet though. Feel the right side of your torso tightening.

5. Inhale as you drop your hip and turn your head back to look straight ahead. Exhale as you turn to look over your *left* shoulder and raise your *left* hip and buttock. Once again, do not lift your feet. Feel the left side of your torso tightening. Inhale as you drop your hip and turn your head back to the front. Do 3 turns to each side, then finish off by repeating steps 2 and 3 a couple more times.

Tips: Keep the exercise soft and smooth to protect your neck in particular; begin slowly and gradually increase the stretch; especially good for relieving and preventing neck and upper back pain.

Exercise 5: Side Bends

Note: The video clip shows two side bend versions - a simple one leading in to an advanced one. You can do one version only **or** do the simple version as a warm up for the advanced one.

Time: 2-3 minutes

Benefits: Firm and tone your sides and legs, reduce fat from your waist; stretch and tone your arms; massage your abdominal organs; improve your posture.

How

Simple Version: Stand with your feet parallel and about waist width apart. Place one hand on hip and raise the other arm straight up, palm facing inward. Inhale through your nose, then exhale as you slowly and gently bend to one side as far as you comfortably can. Inhale as you rise back up. Do a dozen or so bends to each side. Bend a little further with each repetition.

Advanced Version: Stand with your feet together and hands by your sides. Inhale. As you exhale turn and take a large step back with your right foot and place it so that it's at right angles to your left foot, which stays pointing straight ahead. Keep your legs straight and your arms by your sides. Inhale. As you exhale slowly bend to your left.

At the same time slide your left hand down your leg and raise your right arm up above you. Bend only as far as you comfortably can. Take a slow deep breath or two then as you exhale for the final time, slowly return to the upright position. Do 3 left-side bends, then repeat the steps on the right side.

Tips: Warm up with the simple version first or only do that one if you are inflexible or have back or leg problems; when in the advanced position turning your head to look directly up stretches your neck and upper back further; keep the exercise soft and gentle - don't force it!

Exercise 6: Abdominal Lift

Time: 2-3 minutes

Benefits: Firms and tones your abdominal muscles and belly; massages your abdominal organs; improves digestion, bowel movements and blood circulation.

How

Stand with your feet about waist width apart. Rest your hands on your legs just above your knees, fingers and thumbs facing inward. Exhale forcefully through your mouth to empty your lungs. Without inhaling, lower your chin towards your chest and use your abdominal muscles to lift your abdomen up and in towards your spine.

Hold for 5-10 seconds then gently let your abdomen drop back into place. Raise your head as you inhale. That's one repetition. Do 3-5 ab lifts then stand and take some slow, deep breaths to balance your breathing.

Alternative: When lifting your abdomen, instead of holding it up for 5-10 seconds, rapidly lift and release it 10-20 times (without inhaling) to give your abdominal organs a more invigorating massage.

Tips: Wait at least 2 hours after eating before doing the Ab Lift - before breakfast is ideal as it prepares your digestive organs for food and stimulates your bowels. Do 3-5 "lift & hold" versions, then rest for 30 seconds or so, then do 3-5 "rapid lift & release" versions to give your whole abdominal area a thorough workout.

Or lift and hold your abdomen for 5-10 seconds then just before you lower it, do some rapid releasing and lifting (without inhaling); once finished straighten up and take some slow, deep breaths to balance your breathing.

Exercise 7: Lumbar Rub

Time: 1-2 minutes

Benefits: Warms and strengthens your lower back; boosts local blood circulation; relieves and prevents lower back pain; invigorates and strengthens your kidneys - considered in Traditional Chinese Medicine to be your most important organs; tones your arms and shoulders as you rub.

How

Take off or raise your shirt. Clench your fists and use your knuckles to rub up and down either side of your spine and over the spine itself. Rub fairly firmly and reach as far up your back as you can. Continue for 1-2 minutes, the longer the better. You can also use your fists to gently tap the whole area. Cover your back as soon as you've finished.

Tips: A few drops of massage oil or liniment on your skin makes rubbing easier *and* helps relieve and prevent lower back pain and stiffness; rub your sacrum and hips too if you have pain in these areas; the Lumbar Rub

is an excellent technique on its own, especially if you're prone to lower back pain and stiffness, and in winter to help warm your body.

Exercise 8: Thigh Burner

Time: 1-10 minutes

Benefits: Tones your thighs and butt; strengthens your thighs, lower back and pelvic region; stretches your inner thighs.

How

Stand with your feet about double shoulder width apart and your feet pointing out to the sides at about a 45-degree angle. Sink down till your thighs are parallel to the ground. Place your hands on your thighs above your knees, with your fingers and thumbs pointing inward.

Stay in the position for as long as you can - at first you may find your legs shake a lot and holding for 1 minute is difficult, but with practice you'll easily build up to 5, even 10 minutes. Then you'll really know why it's called the Thigh Burner.

Tips: Increase the inner thigh stretch by gently pulling your thighs further apart; combine with slow, deep breathing and contracting of your anal sphincter (the muscle you use to "hold on" when you need to go to the toilet but can't get there right away) to increase the strengthening, toning effect on your pelvic area.

Exercise 9: Quarter Squat

Time: 2-3 minutes

Benefits: Tones your legs and butt; strengthens your thighs, knees, ankles and lower back; builds lung power and stamina when combined with deep breathing.

How

Stand with your feet parallel and waist-shoulder width apart, and your arms by your sides. Bend your knees and sink your weight into your legs. This exercise entails synchronizing your arm and leg movements, plus balancing on the balls of your feet as you squat - after you do a dozen or so you'll get the feel for it.

Begin by straightening your legs and lifting your arms up in front of you till they're level with the ground. Sink back down as you lower your arms again. As you sink down raise your heels so that your weight falls on the front part of your feet. Do 25-30 squats to begin, and build up to 50 or more. Squat to about 1/4 way down only, or squat a little lower with each repetition and go right to the floor. Make sure your feet stay pointing straight ahead.

Tips: If you have knee or lower back problems take care when squatting right to the floor and don't bounce into the squat - keep it smooth and fluid; deep breathing during squatting builds lung power and stamina - exhale as you squat, inhale as you rise back up.

Exercise 10: Back Bow

Time: 2-3 minutes

Benefits: Stretches your spine and back muscles, and your legs, chest and abs; tones and strengthens your arms, wrists, shoulders and legs; firms and tones your abs and belly; improves circulation to your face and head.

How

Gently squat and place your hands about shoulder width apart on the ground in front of you. Spread your fingers. Straighten your legs behind you and spread them till your feet are about shoulder width or more apart and resting on your toes. Inhale. Slowly exhale (mouth) while pushing

back on your hands and arching your back upwards. Look down between your hands.

As you finish exhaling, pull your abs and belly in by imagining there's a needle coming up from the floor trying to jab you in the belly. Relax your abs as you inhale and move forward and down till your hips are on or near the ground, your arms are straight and you are looking up. Feel your back arching the other way now, and your chest and abs stretching. Do 10-15 back bows, i.e. arching up then down equals one bow.

Tips: Do it slowly and gently, especially if you have neck, lower back or shoulder problems; an excellent exercise on its own for your back, arms and legs, and to invigorate you and boost blood circulation; stay in the up or down position for longer while you take slow, deep breaths.

Exercise 11: Arm Pressure Point (Pe6)

Time: 2 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy; calms your mind; strengthens your heart; boosts circulation; relieves nausea, vomiting, motion sickness, insomnia and carpal tunnel syndrome.

How: This point is located on the inside aspect of *both* forearms, two thumb widths (your thumbs) up from the skin crease that runs across the base of your wrist. The point lies between the two main tendons that run up your forearm. Measure the two thumb widths, then clench a fist to make the tendons appear, and mark the spot with a pen or your thumbnail.

Relax your hand to press the point. Use the tip of your thumb, or nail, to press the point till you feel a comfortable pain. Hold the pressure as you knead the point in a very small circular motion for 1 minute. Gently release, then repeat the steps on your other arm.

Tips: Press this point anytime you feel nauseous, or have an upset stomach, or need to relax.

Mark acupressure points with a pen the first few times to help you remember where they are; some points may be very tender - just ease off the pressure slightly.

Exercise 12: Hand Pressure Point (Co4)

Time: 2 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy; moves your qi (vital energy) and blood; moves your bowels; relieves head and face pain, e.g. headache, toothache, sinus pain.

How

The point is located on *both* hands, about 3-4cm (1.5 inches) in from the edge of the webbing between your thumbs and index fingers. Put your left thumb on the right hand point and your left index finger on the *other* (palm) side of the webbing to create a pinching technique.

Squeeze and massage the point in very small circular movements for 1 minute. Repeat on the other hand.

Tips: If the points are very tender ease the pressure off a little; massage these points anytime you have pain in your head or face, or are constipated.

Exercise 13: Leg Pressure Point (St36)

Time: 2 minutes

Benefits: A major point in Chinese acupuncture and acupressure therapy; boosts qi (vital energy) and blood production; strengthens your digestion.

How: Sit down. Locate the depression just below and to the side of your right kneecap. Put your right index finger on the depression, then use your left hand to measure 4 finger widths (the width of *your* hand across the second knuckles) down your leg from the depression. The point is in

the muscle just to the outside of your shinbone - as you rub the point the tip of your thumb will touch against your shinbone.

Use your right thumb to press the point till you feel no more than a comfortable pain. Hold the pressure while you rub the point in a very small circular motion for 1 minute. Repeat on the other leg. **Or**, locate both points first and mark them with your thumbnail or a pen, then rub both at the same time, as shown in the clip.

Tips: Press and rub this point anytime you feel tired or weak, or have stomach problems such as bloating, indigestion or poor appetite.

Exercise 14: Eagle Breath

Time: 5-15 minutes

Benefits: Circulates your qi (vital energy) and blood; deepens and regulates your breathing; calms and relaxes you.

How

Breathing instructions: All breathing is through your nose, slowly, smoothly and silently. On inhalation, gently push your abdomen out to ensure a complete and proper breath. On exhalation, let your abdomen move back in. Remember, your breathing should be slow, smooth and silent - don't force it. With practice you'll breathe this way without conscious effort.

1. Stand with your back straight and your feet parallel and about waist width apart. Slightly bend your legs and sink your weight into them. Drop your chin a little so that the back of your neck stretches slightly. Partially close your eyes and focus on a point on the ground about 2 metres (6 feet) in front of you. Cup your hands in front of your abdomen.
2. Inhale (see above breathing instructions) as you raise your body up a little and lift your arms to the sides. Flap your hands just like bird wings as you begin exhaling while sinking your body back down and

bringing your hands down to meet in front of you. Immediately inhale and raise your body again as you this time lift your hands up in front of your body till they're above your head.

Pause very briefly as the top, then exhale as you bring your arms back down past the sides of your body and once again cup your hands in front of your abdomen. That's one cycle. Repeat for at least 5 minutes initially and build up to 10-15 minutes - the longer the better.

Summary: Inhale slowly, smoothly and silently as you raise and expand your body; exhale slowly, smoothly and silently as you lower and contract your body.

Tips: If you lose your breath at any stage, briefly stop, take some slow, deep breaths and continue; imagining you're doing the exercise under water gives you an idea of the slow, smooth, fluid movements required; be patient - with daily practice you will see (and feel) why this is an essential exercise.

Try to focus internally on what you're doing and not on external distractions - ear plugs and/or suitable background music may help; don't be concerned with the time - just do it until you feel it's time to stop; always follow the Eagle Breath with the Abdominal Rub, below.

Exercise 15: Abdominal Rub

Time: 1-2 minutes

Benefits: Your abdomen houses an important energy centre - the Ab Rub stimulates this energy centre; do it anytime you feel tired, uncentred; stressed or nervous; also stimulates your bowels and enhances digestion. The Abdominal Rub is done last in this program as it collects the energy you've generated in the workout and stores it in the energy center in your abdomen, to be later utilized by your body.

How

Remove or raise your shirt and pull your pants down a little to expose the whole abdominal area. Briskly rub your hands together to charge them with energy and warm them up - never rub with cold hands! Immediately place your hands palms down, one on top of the other, just below your navel.

Press inwards a little as you rub in small then larger circles around your abdomen in the direction of your colon, i.e. clockwise as you look down. Rub for at least 1-2 minutes, then cover your abdomen as soon as you've finished.

Tips: Do the Ab Rub after meals to facilitate good digestion; close your eyes and focus on the heat (energy) penetrating deep into your abdomen. The Abdominal Rub is the final exercise in the Chinese Long Life Exercise Program.

As recommended above, you should do the exercises in the order presented, at least until you become more familiar with them. If you have any questions or concerns please let me know.

How to shorten the 30-minute program

If you're pressed for time, just do some of the most essential exercises and techniques in the program, in the order shown below, such as:

- Bellows Breath (1-2 minutes)
- Back Twist (1-2m)
- Ab Lift (1-2m)
- Lumbar Rub (1-2m)
- Eagle Breath (5m)
- Abdominal Rub (1-2m)

This should take 10-15 minutes only. Don't rely on this shortened version exclusively though - while still very beneficial, for maximum overall benefits always aim to do the full program.

How to lengthen the 30-minute program

While a 30-minute workout is long enough for most people, you can easily lengthen it by doing the **Eagle Breath** for longer, e.g. 20 minutes instead of 10 minutes. Breathing exercises really are the mainstay of the program as their benefits to your overall health, although subtle, are immense *and* they accumulate.

While you can, of course, also do more reps or an extra set of some of the other exercises, breathing exercises like the Eagle Breath are indispensable to your physical, mental and emotional health - you really can't do too much of them!

To your health – may you live to 100!

Matthew Scott

Dongguan, China

Other programs by Matthew Scott

Chinese Long Life Evening Exercise Program - for better sleep

www.chinese-holistic-health-exercises.com/natural-remedies-for-insomnia.html

Stop Headache Program

www.chinese-holistic-health-exercises.com/headache-pressure-point.html

Stiff Neck Program

www.chinese-holistic-health-exercises.com/neck-exercise-program.html

Common Cold Program

www.chinese-holistic-health-exercises.com/common-cold-remedies.html

Other websites by Matthew Scott

Chinese Health Exercises

www.chinese-holistic-health-exercises.com/

Chinese Herbal Remedies

www.chinese-herbal-remedies.com/