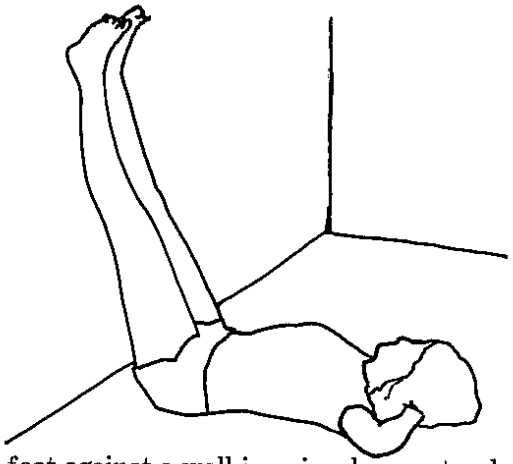
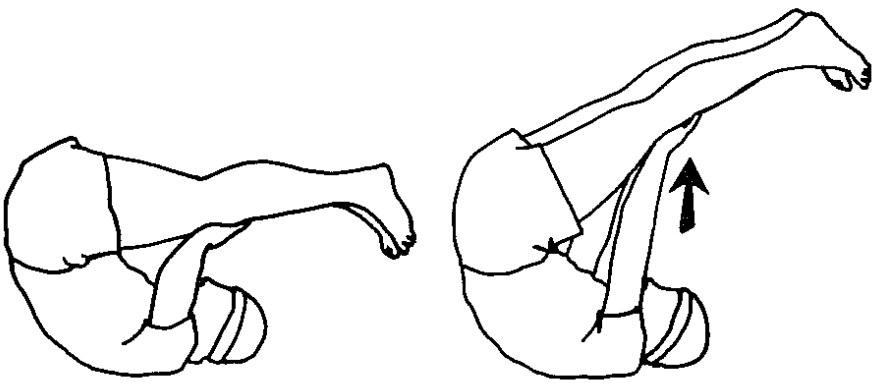
ELEVATING YOUR FEET

Elevation of the feet before and after activity is a great way to revitalize your legs. It helps keep the legs light with plenty of consistent energy for everyday living and activity. It is a wonderful way to rest and relax tired, stood-on feet. It helps the entire body feel good. And it is a simple way to help prevent or relieve varicose veins. I recommend elevating the feet at least twice a day for at least 2-3 minutes for revitalization and relaxation.



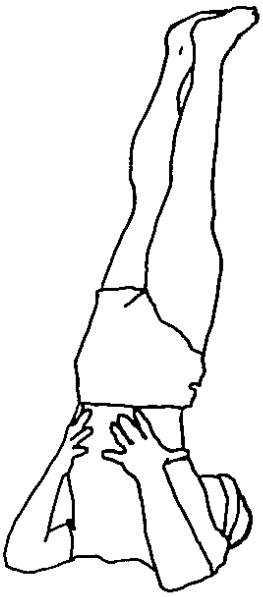
Lying on the floor and resting your feet against a wall is a simple way to elevate your feet. Keep your lower back flat. Your butt should be at least 3 inches from the wall.

If there isn't a wall close by you can elevate the feet from the legs-overhead position.

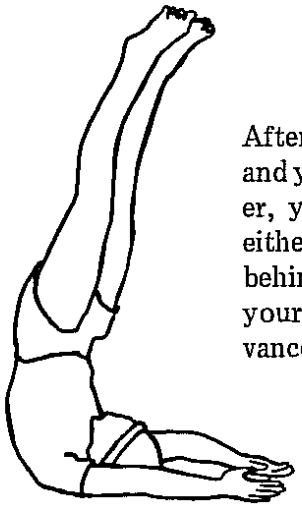


Put the palms of your hands on your knees with fingers pointed toward your toes. Lock or straighten out your arms. If you relax at the hips, your arms will take care of the weight of your legs. This is a very relaxing position. In Hatha yoga it is called the "pose of tranquility." There is a balancing point at the back of your head and the top of the spine when you are in this position. The balance is difficult to find but it is not as hard as it might seem at first. Give it at least 10-12 good tries. A little practice makes it simple.

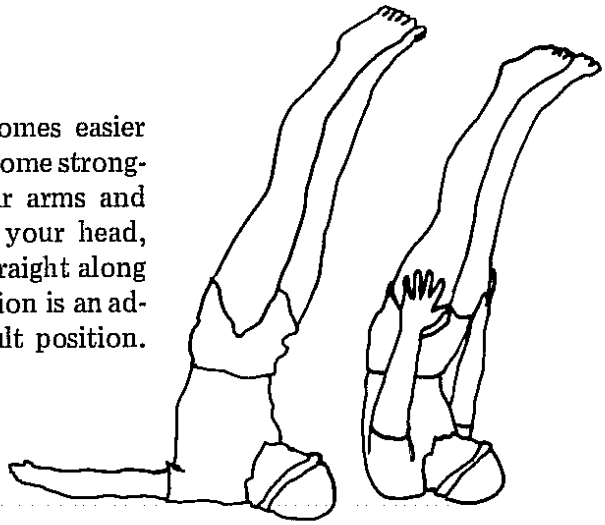
Shoulder stands are also excellent for elevating the feet. When you start working on shoulder stands it is important to have strong abdominal muscles.



Keep your hands on the back of your hips and try to keep your legs over your head. Your hands on your hips will give you balance and support. Tighten your gluteus muscles for support of the pelvic area and for a more upright posture.

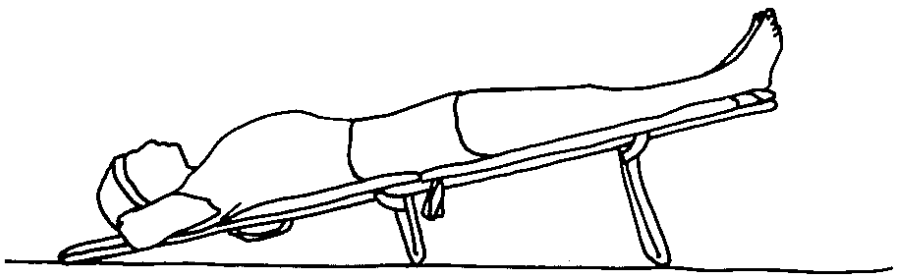


After this position becomes easier and your abdominals become stronger, you can release your arms and either place them over your head, behind your back, or straight along your legs. This last position is an advanced and more difficult position.



Begin doing shoulder stands for only a few seconds. Gradually increase the time that you hold your feet above your head.

We may know that stretching and regular exercising are beneficial, but knowledge alone is not enough. *Doing* is what is important, for what good is knowledge if we do not use it to live more fully?

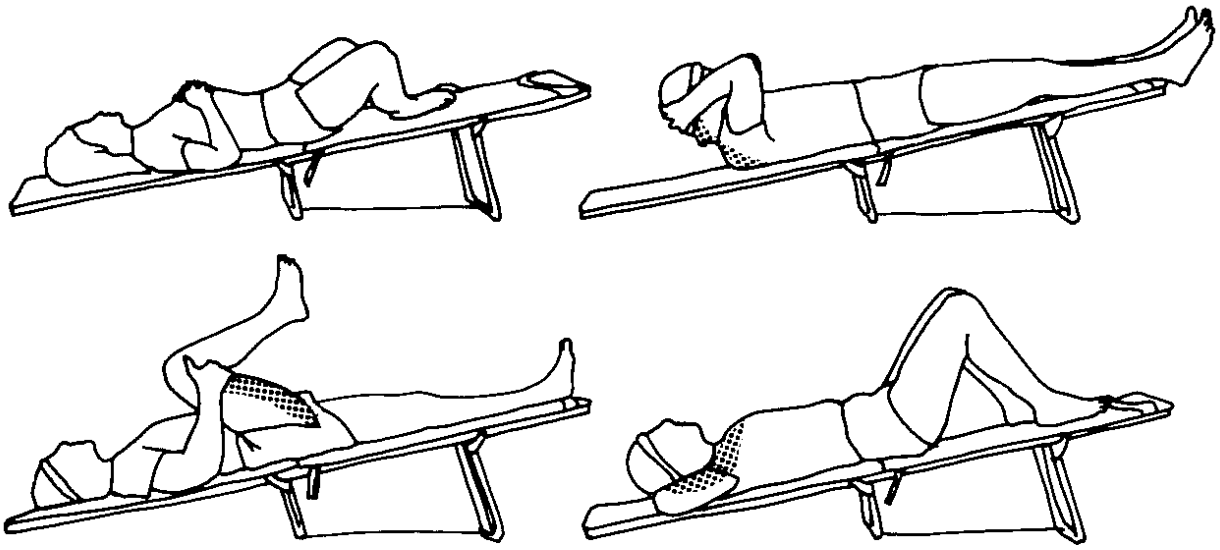


A great way to elevate your feet is to lie on a slant board (available through Sears Roebuck catalog). Don't do any exercises on the slant board, just lie there and relax for about 5 minutes, gradually increasing the time to 15-20 minutes.

This is a good position for pulling in your stomach and being thin. The internal organs will gradually fall back into a normal position. For people who want to look and feel thin, the slant board is excellent.

When getting up from the slant board, sit up for 2-3 minutes before you stand. You should get up slowly from all positions with feet elevated so you don't become dizzy.

Variations:



SUMMARY

