

Exercising out in sunshine and fresh air are known to be beneficial, but time and areas are not always available, so use Leg Lifting (LL) as high as possible every second, from an upright chair, that can be in the sun, or office. It is the best overall exercise I know of because it exercises the toes, feet, ankles and legs without the jarring of running. Squeezing toes and twisting ankles at the same time improves circulation to feet. Legs, tummy muscles, the base of the back, and lungs, all benefit, without any jarring or stress. It reduced my tummy of October 2005 at age 74 (I have a photo). Within a year of Leg Lifting my tummy became nothing and still is at 85. At the same time I wave my arms up and down and around.

I do it at the computer, an office desk or anywhere sitting in a firm chair. Like everything, start gradually. After a month, your legs will lift higher and more easily. Mine started at 6 cm and now lift to 20 cm at twice per second. In my opinion there is no better overall exercise. Try it and see, or should I say and 'feel it'. It makes me sit up straight, reduced my tummy size and lowered my blood pressure to 130 over 80 (now age 85) and has a gentle effect on my farming, tractor driving back, which had been really sore since 1958. See Backs.

My sitting at the computer for up to 12 hours on most days answering farmer phone calls, email questions and writing farming and health articles, made my blood pressure increase from its natural 130/80 most of my elderly life when exercise was regular, to as high as 160/120, or more when in a hospital bed all the time. I knew that exercise reduced blood pressure, so developed Leg Lifting for only three or four minutes each time, because that amount exhausts me. Try it and see. In four days my pulse became normal again, my blood pressure decreased, to what it was before an intestine operation. I was surprised and my doctor amazed and pleased with the leg lifting results. LL also exercises the hips and lower back slightly which has pleased many of us who have benefitted from it. Use it or lose it!

Read 'Backs' in Human Health, for more information.

**Never** do any exercise that works only one, or one pair of muscles, at a time, such as lifting weights in your hands. The time it takes makes it unproductive. Leg Lifting can be done at the computer while working on it or while reading, with occasional arm exercising.

I do Leg Lifting (See Human Health) about ten times a day. It helps the lower back, circulation to the toes and ankles, and lungs, all gently.

Author and MD of [www.grazinginfo.com](http://www.grazinginfo.com) since 1970, now free to all who are mostly farmers, life stylers and gardeners in many countries, especially USA, including some university scientists.

The seventy chapters on Human Health, are to help the third of members who are stressed and unwell.