

HEIKE MAYER

# Fit for the Day

**The 4-minute fitness program**  
for those who want to get  
or to stay mobile.



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Heike Mayer, Stuttgarter Str. 58

71263 Weil der Stadt, Germany

[www.heikemayer.de](http://www.heikemayer.de)

Photos: [www.tombloch.de](http://www.tombloch.de)

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# Fit for the Day

**The 4-minute fitness program**  
for those who want to get  
or to stay mobile.

A book by **Heike Mayer**  
with photos by **Tom Bloch**





# Fitness in four minutes for the sporty and the not so sporty

**I**n our modern world we no longer use many of our muscles. One-sided activities at work or in sports lead to an imbalance in our muscular framework, which can even lead to a physical incapacity.

You can prevent this! The clue is regular activity. The exercise program **Fit for the Day** can be done anywhere at any time. You don't need any equipment and a minor illness or injury is no hindrance. That's why this program is so practical. Try it and see! You'll feel much fitter generally.



In **just four minutes** you can move all your muscles, stretch them and be ready to face the day ahead. These simple exercises can be done by people of all ages, no matter how unfit they are. If you have a physical impairment or an injury, check with your therapist to see which exercises you can do.

Never go past the pain threshold.  
Please consult a therapist or doctor if you experience severe pain.

The 4-minute fitness program will:

- Sustain and control mobility
- Improve areas of limited mobility
- Strengthen your muscles to a slight degree

I hope you have fun while you get healthier.

*Yours, Heike Mayer*







# Let's go!

The alarm-clock rings. You don't even need to open your eyes to do the first exercises.

Here I'll explain what each exercise should do for you.



E1



about 10 sec.



# 1. Massage your eyebrows

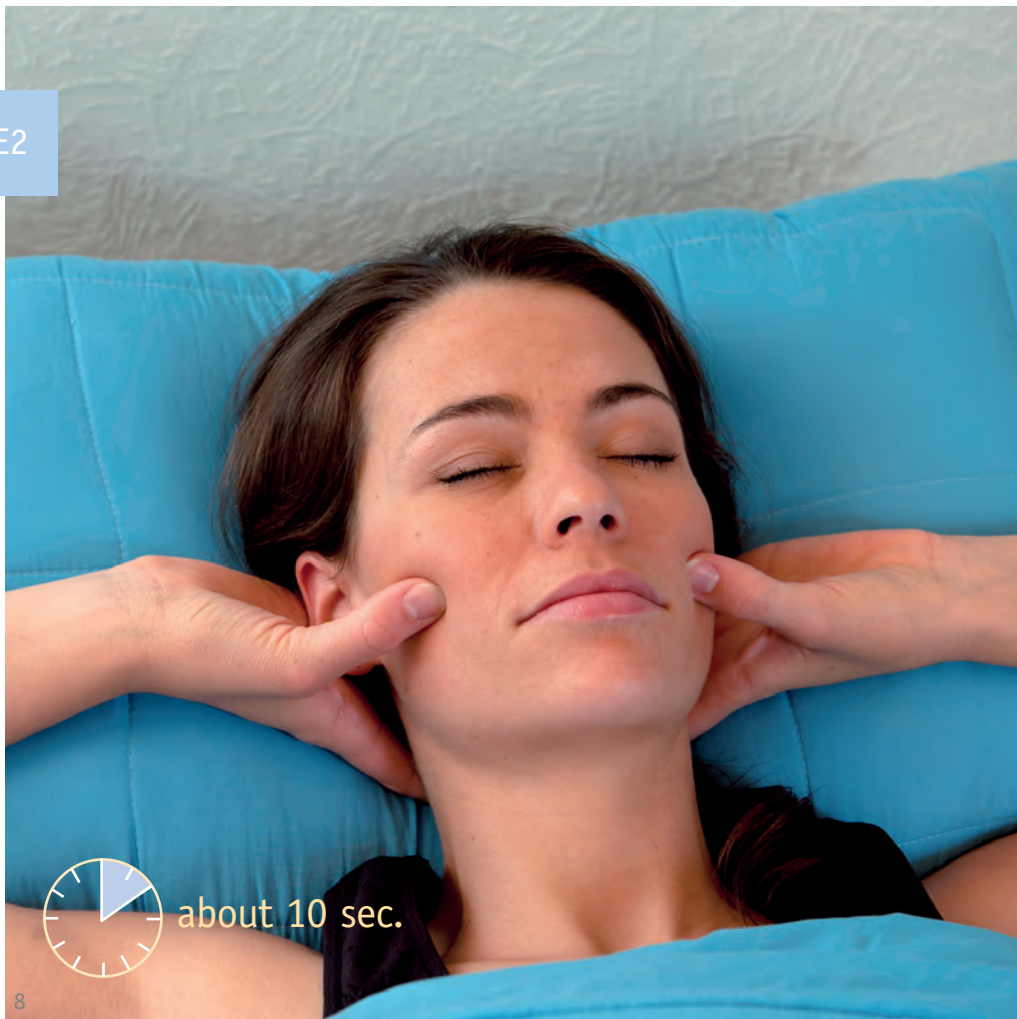
Pinch your eyebrows between your thumbs and your index fingers and massage them gently. Do not pull on the hairs.



The flow of energy in the body is activated, blockages around the brows are removed and blood circulation in the sinuses is stimulated.



E2



about 10 sec.

## 2. Massage your jaw muscles

Place your finger tips under the nape of your neck and pressing gently massage the joints in your jaws.



The jaw muscles are loosened and in this way the tension in the cervical spine is reduced. The complete upper body and the shoulders are gently stretched and additional tension in the pelvic floor is reduced via the reflexes.



E3



about 10 sec.

# 3. Massage your outer ears

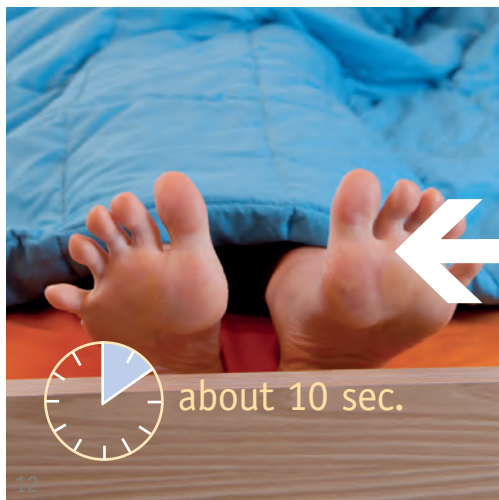
Gently press your ears together between your thumbs and your index fingers.



This exercise improves the flow of energy in your whole body and should stimulate blood circulation via the reflexes. You will feel it – it immediately makes you feel more awake.



E4



about 10 sec.

## 4. Wiggle your toes

Swing your toes back and forwards several times. Spread them and close them tight and wiggle them as long as you like.



Mobility in your toes improves your posture and your walking. The reflexes in your toes are linked to the shoulders and neck where tension is often a problem.





E5



about 10 sec.



# 5. Draw circles with your feet

Draw circles with both feet, three times in a clockwise and three times in an anti-clockwise direction.



In this way you improve the mobility and stability of your ankle joints. These are linked to the pelvis via your reflexes



E6



## 6. Stretch your legs

Lay your arms, if possible, next to your head and one at a time stretch your legs out from your pelvis down towards the end of the bed. Stretch each leg three times.  
(Careful! Do not curve your spine.)



This exercise mobilizes the erector spinae (main muscle in your back) and can therefore prevent lumbago. The pelvis and the lumbar spine are mobilized and stretched.



E7



# 7. Drop your knees

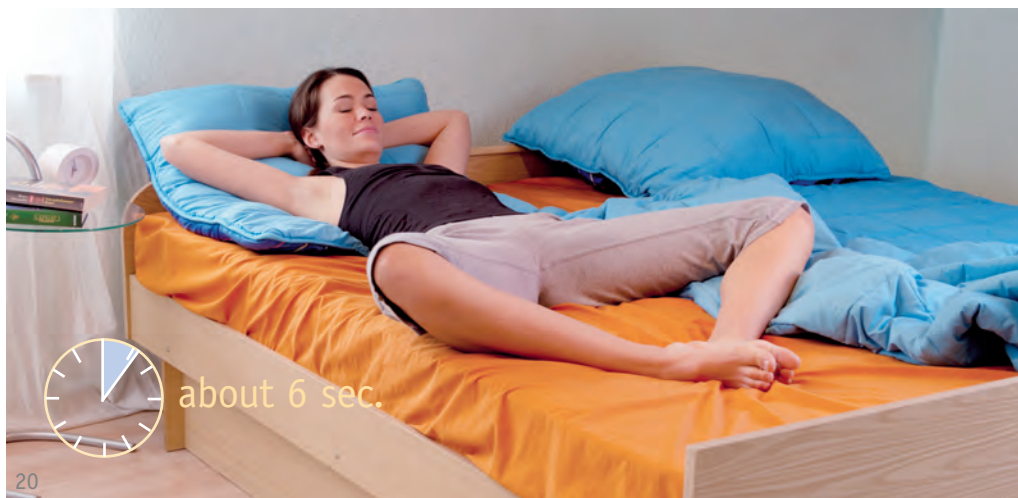
Bend your knees. Keeping your legs together drop each leg in turn three times to the left and three times to the right.



Muscles in the back and the pelvis are stretched gently and in this way they become more mobile. The gentle stretching relaxes the lumbar spine.



E8



about 6 sec.

## 8. Spread your legs

Push the soles of your feet together and let your knees fall outwards three times.

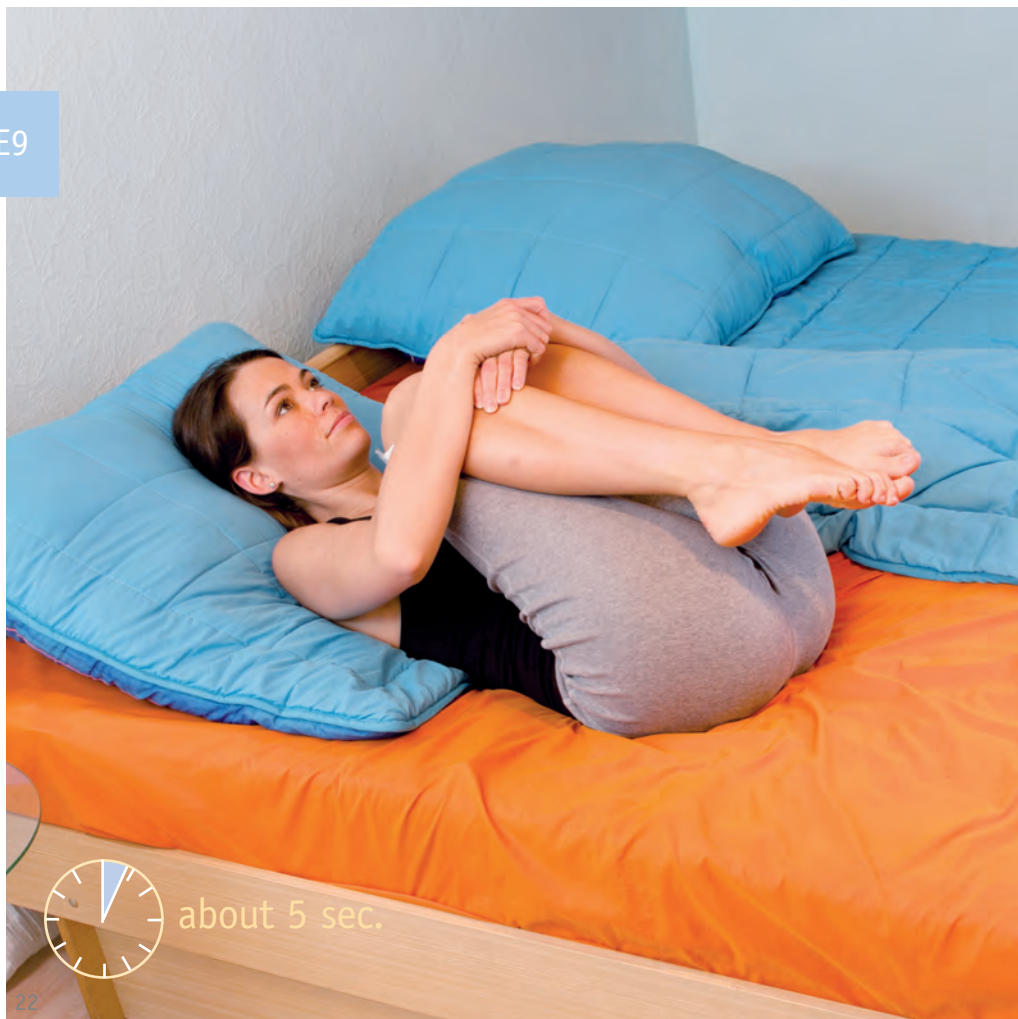


In this exercise two muscles which are not often used in normal activities are mobilized and stretched: the muscles on the inside thigh. If they are too short, problems with the knees and hips will be the result.





E9



about 5 sec.



## 9. Hold your legs

Pull your legs towards your body, clasp them with your arms and hold for five seconds.



The back, the outer thighs and the outer muscles of the upper-arms are gently stretched and the digestive system is activated.



E10



about 10 sec.

# 10. Drop your shoulders

Sit on the edge of the bed and pull your shoulders downwards three times. You will notice how tense your muscles are – especially if you slept with your arms above your head.



The muscles in the neck and the upper body are mobilized and gently stretched. Since the digestive meridians run across the shoulders, the digestive system is stimulated here, too.



E11



about 10 sec.

# 11. Draw circles with your shoulders

Bend your head slightly forward , hold it steady and start to draw circles with your shoulders, three times forwards and three times backwards. (Careful! Keep your head steady, just move your shoulders.)



?



E12



# 12. Twist your body

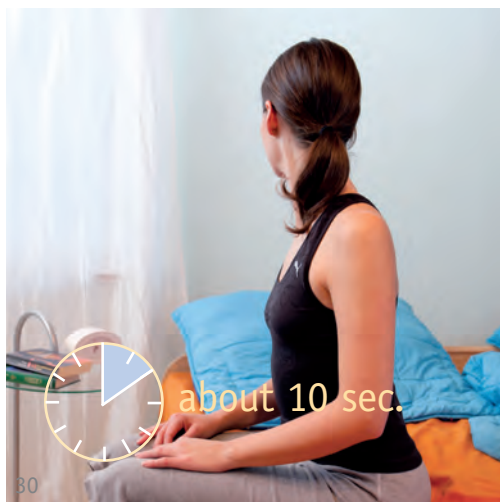
First push your head forward, then your shoulders followed by your upper spine. Retrace the movement to the point where your spine is straight not curved.



The muscles in the whole upper body are mobilized and the entire spine is gently stretched.



E13





# 13. Yes and No

Lower your chin onto your chest, the slowly move your head backwards, as if you were nodding. Look right and left over each shoulder as far as you can easily.



This stretches the shoulders and the neck and sustains mobilization in the cervical spine .



E14



about 10 sec.

3x

# 14. Head to shoulder

Move your left ear down towards your left shoulder, then your right ear towards your right shoulder. (Careful! Do not pull your shoulder towards your ear.)



This stretches not only the shoulders and the nape of the neck but also the neck itself.

Don't worry if it's only a few centimeters at first – it will increase steadily.



E15



34



# 15. Clap silently

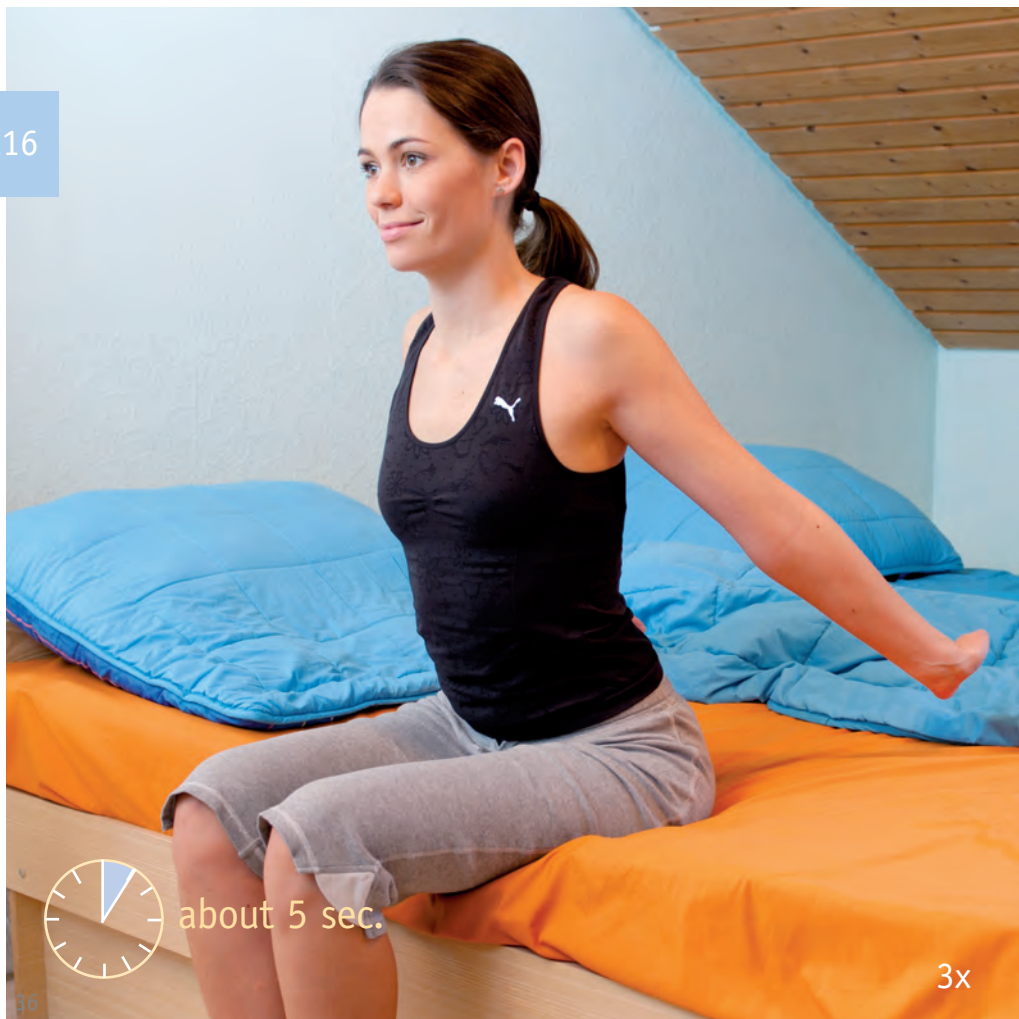
Bend your arms and push your elbows tightly against your body. Then move your lower arms out from your body and back again. Repeat the exercise ten times.



Arm and shoulder muscles are stretched gently and mobility of shoulders is improved.



E16



about 5 sec.

3x

# 16. Stretch your chest cavity

Stretch your arms back with open palms and hold there for five seconds.



In this way the inner arms, your hands and your chest cavity are stretched. The tensing and relaxing of the shoulders increases blood circulation and relaxation here, too.





E17





# 17. Greet the sun

Left elbow on left knee, right arm to left foot. As you breathe in stretch your right arm in a curve towards the ceiling. Breath in once or twice, then move your arm back as you breathe out. Repeat three times then change sides.



The entire torso, the arms and the shoulders are mobilized and stretched. Deeper breathing increases the oxygen supply in the blood.



E18



# 18. Walk on the spot

Walk actively on the spot, swinging your arms as you go.



Feet muscles and tendons and the muscles in your calves are mobilized and stretched. Blood circulation is stimulated and via the reflexes the whole body is massaged and activated.







# Finished!

In just 4 minutes  
you have done your  
body some good and  
the day can begin.





## A few more tips ...



- *Look forward to your day*, even if you are only pretending. When you stand in front of the mirror pull the corners of your mouth upwards and laugh heartily at yourself. This makes your body release happiness hormones which can make your day easier.
- *Drink enough water*. Recommended: 35 ml/kg weight, more if you are sweating.
- *Eat what is good for you* and not only what is healthy. The important thing is that it does you good.
- *Switch off* every day for 5 minutes.



● *On the subject of cushions and mattresses:*

Everybody needs something different to feel comfortable and to relax. I, for example, need a large medium high cushion which I can squash up into any shape I like. I put a spelt cushion between my knees as I lie on my side. Otherwise my pelvic girdle falls forward while I'm asleep and I get back pain. There is only one way to do it: try out for yourself what you find comfortable.



● But the most important thing is *the mood you are in when you go to bed* – the tensions and worries you take to bed with you. You should put them to one side (with practice it's possible) for they cannot be solved during the night. It is worth letting yourself go, so that you can wake up rested and relaxed, ready to face the world again.





# About my work

For more than thirty years I have been involved in sport and its interaction on our bodies. First as an athlete, then as a mother, a trainer, a nurse and finally also as a non-medical practitioner and a medical custodian of competitive athletes. In my experience it is extremely important that muscles stay flexible and do not harden because of one-sided strain. Only evenly relaxed, flexible muscles (flexors and extensors) can assure painless, unproblematic mobility well into old age. One-sided movements and incorrect posture – whether due to the fact that you work in an office all day without much exercise or that you are a competitive athlete – often lead to hardening and blockages.

Muscles, tendons and joints work haphazardly and this can lead to further wear and tear, to pain and eventually to a loss of mobility. The main aim of my work is to bring about a balance in the forces that effect our joints and to restore their natural physiological path. I use a special technique to do this, which





does not use force in treating the ligaments and muscles. It is called chiroenergy. It was very early in my professional career that I first came across micro acupuncture , which sends impulses to the blocked muscles with the help of a fine needle and stimulates them in such a way that they relax again. After years of using this method I have discovered that I can convey these impulses to the blocked areas without breaking the skin. Combining other techniques taken from foot reflexology, colour vacuum and aromatherapy I have developed my own holistic therapy. The most important part of this is the chiro energy technique which I developed – the gentle way to de-block joints, encourage mobility and relieve pain.  
([www.chiroenergetik.de](http://www.chiroenergetik.de))

But before you get that far I wish you fun and success with my 4-minute fitness program **Fit for the day!**

*Heike Mayer*





# Information on my products

## Wellness-Spray „Entspannung“ (Relaxation)

This spray is a combination of absolutely pure essential oils and flowering essences, which have been selected by me personally.

*Application:* For all areas of tension in the body.

Simply spray on and rub in.

Can be sprayed on to clothing or directly onto the skin.

Be careful with delicate materials.



## Wellness-Spray „Sport“

Combined and tested by me personally, this spray relieves bruises and sprains.

*Application:* An additional treatment for wounds where the skin is not broken. Makes the blood vessels constrict.

May be sprayed directly onto the skin.





## Belly-turtle — abdominal stretching apparatus



Since shortened abdominal muscles play a role in most back problems and since stretching in the classical way involves a

certain amount of risk, we have developed this aide. It is of course possible to use a pile of books, however its special shape means that the results achieved with the belly-turtle are more effective and it is more comfortable to use.

Hard foam anatomically shaped. Just lie on the belly turtle on your abdomen once a day for fifteen seconds. The fibres in the abdominal muscles relax through the pressure, causing the attached muscles to relax, too. (back, shoulders, neck and pelvis)

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To all my children for  
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