Shaker Exercise

1. Lie flat on your back.

2. Lift your head and look at your toes (lift head only, do not raise shoulders).

3. **Hold** this position (the goal is 60 seconds).

4. Relax, lower head and rest one minute.

   *Perform steps 1 to 4 three times.*

5. Lift head up and lower head quickly 30 times (head only, do not raise shoulders).

**Tips**

- Remember to breathe while doing exercises.

- Do all steps three times a day.

- Wait at least 30 minutes after eating before doing exercises.