

# ***Grow Taller 4 Idiots***

## ***Exercises Program***

## **Copyright ©2008 by GrowTaller4Idiot.com**

All rights reserved. No part of this digital book shall be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

No patent liability is assumed with respect to the use of the information contained herein. Although every precaution has been taken in the preparation of this digital book, the publisher assumes no responsibility for errors or omissions. Nor is any liability assumed for damages resulting from the use of the information contained herein.

## **Trademarks**

All terms mentioned in this digital book that are known to be trademarks or service marks have been appropriately capitalized.

The Publisher cannot attest to the accuracy of this information. Use of a term in this digital book should not be regarded as affecting the validity of any trademark or service mark.

## **Warning and Disclaimer**

Every effort has been made to make this digital book as complete and as accurate as possible, but no warranty or fitness is implied.

The information provided is on an “as is” basis. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damages arising from the information contained in this digital book.

# **Contents at a Glance**

<i>Introduction.....</i>	<i>6</i>
<i>Scientific Study.....</i>	<i>9</i>
<i>Chapter 1: Nutrition for Growth.....</i>	<i>12</i>
<i>Chapter 2: Improving Posture for More Height.....</i>	<i>30</i>
<i>Chapter 3: Correct Sleeping Habits.....</i>	<i>35</i>
<i>Chapter 4: Preliminary Exercises (Stage I).....</i>	<i>41</i>
<i>Chapter 5: Regular Exercises (Stage II).....</i>	<i>55</i>
<i>Chapter 6: Advanced Exercises (Stage III).....</i>	<i>77</i>
<i>Chapter 7: Bonus Tips for Additional Height.....</i>	<i>96</i>

# ***Introduction***

## **Introduction**

So you're tired of being stepped on and always having to look up to others while feeling inferior to them simply because you are of smaller stature. Well your investment in this book could be the answer you've been waiting for.

As you may have already experienced, there isn't much room in today's society for the short person. As someone once said, a good big man (or woman) will always beat a good little man (or woman). Being taller may enhance your life in almost every aspect, from greater job opportunities to a more encountering love life. This is your opportunity toward a more fulfilling and rewarding life, alongside others that you would normally have to look up to. You no longer have to look in envy at others while wishing you were their size. Now there is something you can do about it, and you've already taken the first step. Your time has come; it's your turn now. Before beginning our specially designed program here are a few key points that should be noted:

- a. Read this entire book completely before starting any parts of this detailed program.
  
- b. If your health is questionable, be sure to consult a physician before attempting any such exercises and or using any dietary information outlined in this book. Even if your health is normal or above, the advice of a physician is strongly recommended as a general safety precaution.
  
- c. Don't expect miracles overnight. This book is designed to add 2 to 5 inches to your stature. You should begin noticing results in 4 to 6 weeks depending upon your individual traits. For some it may require additional time, but do not worry. Your determination will pay off and you will achieve results.

\* Be sure you follow the program, outlined in this book, for **maximum results.**

\* Remember: reading this book can't make you taller but dedication, patience and determination can.

# ***Scientific Study***

## Scientific Study

Many of you are probably wondering, is it really possible for me to be taller? The answer is yes, you can.

For years it has been said that once you reach the age of puberty or adulthood, you stopped growing well consider this:

- a. In the sport of baseball, a pitcher's throwing arm is usually 1 to 3 inches longer than his other arm. This is a direct result of exercise, reached after the age of puberty.
- b. The right arm of every professional Jai Alai player is at least 2 inches longer than his left arm (another result of vigorous exercise.)
- c. There are also considerable regional differences of stature recorded at any given age, this variation being linked more to nutrition and socioeconomic conditions than to genetic factors.

This in itself is positive proof that additional growth in the human body is possible after adulthood has been reached. There is a multitude of additional medical testimony (which space does not permit) that substantiates the promise of added height at ages well into the 50's. In fact most scientists' today agree that it is very possible to increase your height as much as 4 or 5 inches until you reach ages between 50 and 55 years old. According to some anthropologists, men and women at 40 years of age are continuing to grow well into their 50's and sometimes until 60 years of age. Of course the amount of actual height gained depends on several factors such as bone structure, physical condition, posture, diet, environment, etc.

According to an article in the British Medical Journal, an investigation revealed that growth may be prematurely stopped in the vertebral bodies (spinal chord) by excessive pressure upon the epiphysial centers (spinal discs). By removing this pressure, which can be done by following the program in this book, normal growth can be resumed and continued into the middle ages of life.

# ***Nutrition for Growth***

## **Chapter 1**

# Nutrition for Growth

This chapter is for those of you who have poor eating habits and are not getting the proper amounts of vitamins and other nutrients which are essential to the development and growth of the human body.

Though most of these requirements can be met by adhering to a well-balanced diet, we have listed for you in this chapter some important information about nutrition you need to know for the purpose of obtaining extra inches.

First let's understand that there are 6 important nutrients needed for growth and good health and though all play a vital role in a well-balanced diet, let us focus most of our attention on 3 (marked with asterisk) for our main purposes of promoting growth.

1. Vitamins\*
2. Carbohydrates
3. Fats
4. Minerals\*
5. Proteins\*
6. Water

## **VITAMINS**

Vitamins are organic substances necessary for life and essential for growth. To receive the proper vitamin intake, a well-balanced diet is recommended. However, supplements may be taken where needed but not as a substitute for food. Supplements should be taken after each square meal, or once after the largest meal for proper absorption.

### **Vitamin A (retinol, carotene)**

What it does:

1. Promotes growth and strong bones.
2. Aid for healthy skin, hair, teeth and gums.
3. Helps build resistance to infections etc.

*Best Sources:* Carrots, liver, egg yolk, milk, green and yellow vegetables, margarine, and yellow fruits.

*Supplement:* (10,000 to 25,000 IU)

*Note:* If your diet includes ample amounts of spinach, liver, sweet potatoes, or cantaloupe, it is not likely you'll need a supplement.

### **Vitamin B1 (Thiamine)**

What it does:

1. Promotes growth.
2. Aids in prevention of beriberi and nervous disorders.
3. Aids digestion.
4. Helps heart and nervous system function properly.

*Best Sources:* Pork, rice, whole wheat, dried yeast, peanuts, soybeans, peas and green vegetables.

*Supplement:* (100 to 300 mg. are most common).

*Note:* More effective when used in B-complex formulas.

### **Vitamin B2 (Riboflavin)**

What it does:

1. Promotes growth and aids in reproduction.
2. Promotes healthy skin, hair, nails.
3. Helps maintain good eyesight etc.

*Best Sources:* Milk, liver, eggs, fish, kidney, yeast, leafy green vegetables.

*Supplement:* (100 to 300 mg per day is most common).

*Note:* Most effective when used in B-complex formulas. Vitamin B2 is a common deficiency in the United States.

### **Vitamin B6 (Pyridadne, Pyridixinal)**

What it does:

1. Reduces night muscle spasms, leg cramps, hand numbness and certain forms of neuritis.
2. Properly assimilates protein and fat.
3. Works as a natural diuretic etc.

*Best Sources:* Liver, brewers yeast, cabbage, black strap molasses, cantaloupe, beef and kidney.

*Supplements:* For best results, take in equal amounts with vitamins B1 and B2.

*Note:* If taking a B-complex formula, be sure it contains enough B6 to be effective.

### **Vitamin B12 (Cobalarnin)**

What it does:

1. Promotes growth
2. Increases energy
3. Forms and generates red blood cells.
4. Helps balance and concentration.

*Best Sources:* Cheese, liver, kidney, pork and beef.

*Supplement:* Varies from 5 to 100 mcg. depending on deficiency.

*Note:* Common deficiencies are noted in vegetarians and high protein consumers. Vitamin B complex formula should include all the B-complex vitamins so far discussed plus other important vitamins vital to the growth process. Be sure to read labels and check with your pharmacist to make sure your formula includes the proper amounts of each vitamin best suited to your needs.

### **Vitamin C (Ascorbic Acid, Cevitamin Acid)**

What it does:

1. Aids in healthy bones and teeth.
2. Prevents scurvy.
3. Helps treat and prevent common colds.
4. Enables protein cells to hold together.
5. Aids blood vessel circulation.

*Best Sources:* Citrus fruits, tomatoes, berries, cauliflower, raw cabbage and potatoes.

*Supplement:* (1,000 to 10,000 mg. per day)

*Note:* Plays a primary role in the growth and repair of body tissue cells.

### **Vitamin D (Calciferol, Viosterol, Ergosterol)**

What it does:

1. Essential for strong bones and teeth.
2. Prevents rickets, which deteriorates bones and could cause bowed legs, knock knees and poor posture.
3. Aids treatment of conjunctivitis.
4. Aids vitamin A.

*Best Sources:* Milk products, fish liver oil, fish meats and sunlight.

Supplement: (400 to 1000 IU per day)

### **Vitamin E (Tocopherol)**

What it does:

1. Supplies oxygen to the body for more endurance.
2. Essential for virility.

3. Helps prevent and destroy blood clots.

*Best Sources:* Wheat germ, eggs, leafy greens, soy beans, spinach, whole wheat, and broccoli.

*Supplement:* (200 to 1000 IU per day)

*Note:* Due to chlorinated drinking water, in a large percentage of the population, vitamin E may be in great demand.

### **Vitamin F (Unsaturated Fatty Acids Linoleic and Arachidonic)**

What it does:

1. Aids in growth.
2. Helps prevent heart disease.
3. Helps prevent cholesterol deposits in arteries.

*Best sources:* Vegetable oils, walnuts, pecans, and almonds, soybeans, linseed and sunflower oils.

*Supplement:* (100 to 150 mg)

*Note:* For best absorption take with vitamin E. If you consume excessive amounts of carbohydrates, you will probably need more vitamin F.

### **Vitamin K (Menadione)**

What it does:

1. Aids in proper blood clotting.
2. Helps prevent internal bleeding and hemorrhaging.

*Best sources:* Egg yolk, yogurt, fish liver oils, soybean, green vegetables and kelp.

*Supplement:* (Approximately 300 mcg. is adequate)

*Note:* Due to an abundance of natural vitamin K, supplementation is not usually necessary. See a doctor before taking a supplement.

**Important:** Proper amounts of vitamins will differ depending on individual characteristics and diet. Certain dosages may

not be suitable for all individuals and could be detrimental to your health. Please seek advice of a physician when supplementing with vitamins. All vitamins in this chapter will not be needed however, they are noted because of their ability to work well in a totally balanced diet.

## **MINERALS**

Minerals are an organic substance found naturally in the earth. They make up a large part of our bones and teeth and help regulating other body functions. Here are some of the. minerals to which you should pay special attention.

## **CALCIUM**

What it does:

1. Aid for strengthening soft bones and teeth.
2. Helps maintain regular heartbeat.

*Best sources:* Milk and dairy products, sardines, soybeans,. dried beans, green vegetables.

*Supplement:* (600 to 1500 mg per day)

## **CHROMIUM**

What it does:

1. Aids in growth process.
2. Helps prevent and lower high blood pressure.

*Best sources:* Meat, brewer's yeast, clams, chicken, shellfish.

*Supplement:* (90 mcg. per day is average for adults)

## **CHLORINE**

What it does:

1. Helps keep your body limber.
2. Aids digestion by cleansing system.

*Best sources:* Table salt, kelp, and olives.

*Supplement:* Has not been determined. However, an average daily salt intake should be more than sufficient.

## **FLUORIDE**

What it does:

1. Strengthens bones.
2. Reduces tooth decay.

*Best sources:* Fluoridated drinking water, seafood and gelatin.

*Supplement:* Has yet to be determined, but most people get sufficient amounts from fluoridated drinking water.

*Note:* Available by prescription in areas without fluoridated drinking water. Additional fluoride should not be taken unless advised by a physician.

## **IODINE**

What it does:

1. Promotes growth.
2. Provides energy.
3. Burns excess fat.

*Best sources:* Kelp, salt, all seafood, onions, and vegetables grown in iodine-rich soil.

*Supplement:* (P.DS, is 80 to 150 mcg. per day for adults)

*Note:* Iodine aids in the proper functioning of the thyroid gland which fosters and regulates growth. Check your salt to see if it is iodized along with your vitamins or multi-mineral preparations. Too much iodine can cause a harmful effect. For additional supplements of iodine not discussed, a physician's advice is recommended.

## **IRON**

What it does:

1. Aids growth.
2. Prevents fatigue.
3. Helps form hemoglobin in blood etc.
4. Aid for good skin tone.

*Best sources:* Liver, beef kidney, egg yolk, oysters, cereals, raw clams, and red meat.

*Supplement:* (RDA is 10 to 18 mg.)

*Note:* Check your iron supplement to see if it contains "Ferrous Sulfate" an inorganic iron which can destroy vitamin E in your system. Try to avoid this preparation. For women, whose bodies use much more iron than men's, a supplement is most likely needed.

## **MAGNESIUM**

What it does:

1. Aids the cardiovascular system.
2. Aids nerve and muscle functions.
3. Needed for calcium and vitamin C metabolism.

*Best sources:* Figs, apples, grapefruits, lemons, seeds, nuts, yellow corn and dark green vegetables.

*Supplement:* (300 to 400 mg. daily)

*Note:* If you live in area with hard drinking water, or consume large amounts of nuts, seeds and green vegetables, you're probably getting sufficient amounts of magnesium.

## **PHOSPHORUS**

What it does:

1. Aids growth.
2. Provides energy.

*Best sources:* Fish, poultry, eggs, meats, nuts, seeds and whole grains.

*Supplement:* (RDA is 800 to 1200 mg per day for adults)

*Note:* Most diets already include adequate amounts of phosphorus or "phosphates" in them, so check before taking a supplement.

### **Other important minerals are:**

**POTASSIUM** - Sources include; citrus fruits, watercress, bananas, potatoes and green vegetables.

**SODIUM** - Sources include; salt, shellfish, carrots, beets, bacon and kidney.

**SULFUR** - Sources include; lean beef, fish eggs, cabbage and dried beans.

**ZINC** - Sources include; steak, eggs, lamb chops, brewer's yeast and pumpkin seeds.

### **PROTEINS**

Everyone's protein requirements are different, depending upon your size, age and physical condition. A large, young person will require more protein than a small, older person. Proteins have different functions, and work in different areas of the body. There are basically two types of Protein, "*Complete Protein*" and "*Incomplete Protein*".

1. **Complete Protein** – provides the proper balance of eight necessary amino acids that build tissues, and are found in foods of animal origin such as meats, poultry, seafood, eggs, milk and cheese.
2. **Incomplete Protein** – lacks certain essential amino acids and is not used efficiently when eaten alone. However, when it is combined with small amounts of animal source proteins, it becomes complete. It is found in seeds, nuts, peas, grains and beans.

*Note:* Mixing complete and incomplete proteins can give you better nutritional value than either one alone.

**WATER** – basic solvent for all the products of digestion. It is essential for removing waste from our bodies and 6 to 8 glasses daily is considered healthy.

# ***Improving Posture for Better Height***

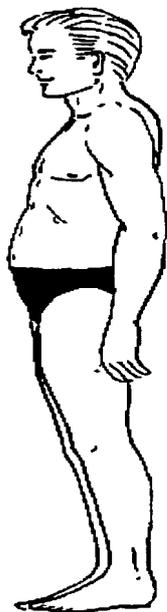
**Chapter 2**

## **Improving Posture for More Height**

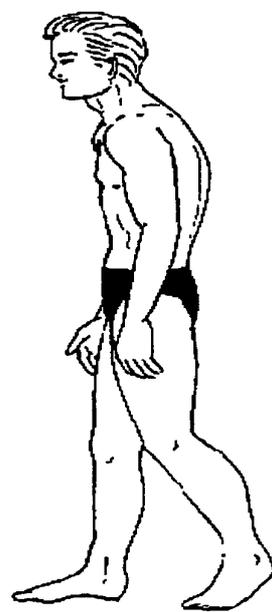
Before we go into the more intricate phases of our program let's touch first upon a more simple solution for obtaining your maximum height posture correction. Many people rob themselves of extra height because they fail to realize that a good posture is essential for maximum height increase. Correct posture involves more than just standing straight and erect. You must train each part of your body to maintain its proper position. You must learn how to hold your head, your pelvis, your legs, sit correctly, walk correctly, plus numerous other do's and don'ts to assure you of achieving every possible inch of height.

## **”Tilted Pelvis Problem”**

The pelvis acts as a lever and directly influences our posture and stature. When the pelvis is carried too far forward, the condition is termed a “Tilted Pelvis”. This condition directly robs you of extra height and is generally the result of a person with lack of stomach muscles and who usually has a large stomach. (We've designed several exercises included in chapters 5 and 6 to strengthen stomach muscles and remedy this condition). Persons with weak knee Joints often have this condition which is also remedied by exercises in chapters 5 and 6.



**TILTED PELVIS**



**CURVATURE OF THE SPINE**

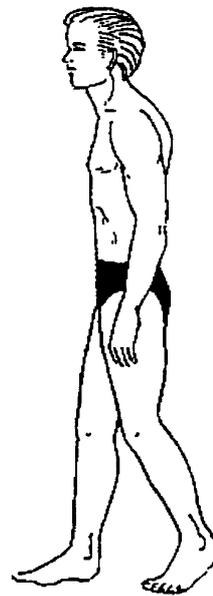
## **“Knock-Knees and Bow-Legs”**

These two common deformations of the legs, which are not unusual, frequently rob their victims of added inches. Persons with, knock-knees usually walk with the bulk of their weight on the instep (inner arch) of their feet. To remedy this condition, they should walk with their arches raised and with their weight concentrated on the outer rim of their soles. In doing so, the knees will be separated naturally and straighter legs will be developed. Foot doctors can prescribe special shoes (or inserts) for this purpose. The condition known as bow legs is the exact opposite of knock-knees, therefore, the remedy would be to concentrate the bulk of these weight on the instep, instead of the outer rim. Special shoes (or inserts) can be prescribed for this purpose also.

## **”Rounded Shoulders”**

This is a condition where there is an abnormal curvature of the upper part of the spine combined with an unnatural forward thrust of the shoulders. One of the symptoms of round shoulders is carrying the head too far forward.

**This is the condition commonly known as "Round Shoulders" that is sometimes caused by sleeping with a pillow.**



To remedy this condition, perform exercise No. 3 in Chapter 4 a few additional times each day. Develop the habit of carrying your head high with your chin up. Shoulders should always be kept back and not allowed to droop forward. Especially, in women where this condition could result in sagging breasts. However, be careful not to develop a stiff, rigid posture which can impede proper breathing. Be sure to maintain the proper posture in a relaxed and comfortable manner.

# ***Correct Sleeping Habits***

**Chapter 3**

## **Correct Sleeping Habits**

In this very important chapter you will learn how to correct some bad sleeping habits which rob you of your maximum height potential. For example many of you only get 3 and 4 hours of sleep each night. Well, did you know that if you remained in bed for several days that within that time span you would actually increase your height as much as a full inch? Unfortunately, this increase in height is only a temporary condition. As soon as you are up and around again the forces of gravity compress the disc between the vertebrae to their original width, and you revert back to your original height. While you are lying in bed there is no pressure on the vertebral disc, which allows it to expand, thus explaining our normal growth pattern. However, only a small percentage of this expansion is retained. Exercise must be used to strengthen and maintain this expansion at its peak. Otherwise, the normal forces of gravity will take their toll. On the other hand, in order to reap the benefits of our detailed exercise program, you must also assure yourself of getting the proper rest otherwise the exercise is useless by itself. As a rule, we strongly recommend getting at least 8 hours of sleep for best results. In order to maximize your fullest height potential, there are some very

important tips you need to know about sleeping. Make sure your mattress is firm and capable of giving your body full support. This is to aid in keeping your spine as straight as possible while sleeping. A soft or sagging mattress will tend to bend the spine and curve the torso in a sinking effect, which must be avoided. A good mattress will support the whole body, which will keep it in a straight posture setting a must for obtaining greater height.

Now that you'll be sleeping on a good mattress, there's another bad habit that most of you must rid yourselves of "using a pillow". This is a very common mistake made by most of us because we are led to believe that a pillow allows for a more comfortable night's sleep so, through habit, we become attached and generally accept this as the most comfortable way to sleep. However, nothing could be further from the truth. The use of a pillow is an incorrect form of sleeping and should be avoided.

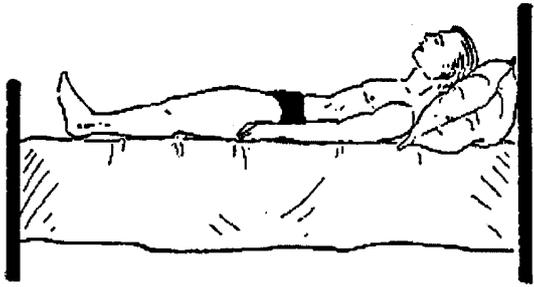
### **Consider these facts:**

1. While lying on your back with your head resting on a pillow, your neck is bent forward in a very unnatural position.
2. In this position, your head is being pushed forward and your back is arched, also a very unnatural position.
3. If you suffer from frequent neck or back pains, in the majority of cases you can probably blame it on your pillow or mattress.

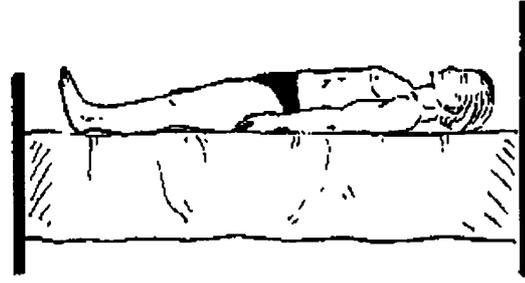
You would never consider putting your neck and spine in such an alien position while you are standing so why assume this position while sleeping? What happens is your body may subconsciously maintain this unnatural position rather than go through the aches and pains of straightening out each morning. This could result in the condition commonly known as “Round Shoulders”.

By this time it should be apparent why a pillow is unhealthy and a negative factor for our purpose of obtaining height. After all, how can your body grow straight and tall to its fullest potential if it is in a curved position for 8 hours every night?

Now that you have eliminated your pillow, it is possible to sleep in an advantageous position for increasing your height. In order to accomplish this, your spine must be as straight as possible. We recommend that you lie on your back with your arms and legs stretched toward the foot of the bed. Do not exert any effort or pressure to stretch your limbs. Allow your body to be completely relaxed. You may let your head turn to the right or left and bend your arms if it is more comfortable to you. The important thing is to keep your body (torso and legs) as straight as possible. This position may prove to be uncomfortable for the first few nights, but your body will soon become accustomed to this manner of sleeping and before long you will discover not only extra inches but, also a more comfortable sleep.



INCORRECT



CORRECT

**Key Points:** Make sure you get the proper rest (at least 8 hours per night). Make sure your mattress is firm and supports your body. Kick the “pillow habit”. Sleep on your back with your torso straight and fully extended.

# ***Preliminary Exercises***

**Chapter 4**

## **Preliminary Exercises (Stage 1)**

Now that we've given you a few simple tips on how to obtain a couple of extra inches, it's time to find out how sincere and dedicated you really are toward reaching your goal of adding several extra inches.

It is generally accepted that physical activity encourages bone growth in humans. Scientific tests have shown that following vigorous training or (exercise), an increase of growth hormones has been observed in the human body.

In this chapter we've designed a set of (6) exercises for the purpose of preparing you for the vigorous exercise program prescribed in the latter two chapters as when as to lengthen your body for those added inches. This chapter should not be skipped or substituted. Perform all of the exercises in this chapter twice a day once in the morning, after waking up and once in the evening, before going to bed for 7 consecutive days before you start the Body Conditioning Exercises. Continue performing these exercises for an additional 2 weeks while you are also performing the Body Conditioning Exercises.

You should be able to complete all of the preliminary exercises within 15 minutes. Before you start this first set of preliminary exercises, we would like to point out that you are now beginning the part of our specialty designed program, that is going to require a conscious effort and strong determination and will power on your part. The plain truth is that your not going to increase your height by wishing for extra inches. No one can achieve a worthwhile goal without devoting the necessary time and making the necessary sacrifices toward accomplishing that goal. The fact of the matter is you're going to have to make sacrifices and devote your spare time toward one goal: Being Taller. In order to accomplish this, you must exercise whenever you can and be strong-minded enough to carry on each day without giving up. Don't cheat yourself out of this opportunity. You owe it to yourself so give it your all.

Once you have started the Regular Exercise Program, as described in chapter 6, you must not stop these exercises. It will certainly add to your height development if you continue performing as many of these exercises as your energy and time win permit.

Now for those of you who are really serious about being taller, let's get started.

Note: While we recommend certain time limits to follow while performing all the exercises in this book, we do not however, recommend performing any of these exercises to the point of exhaustion. Do not overexert yourself. If you have a shortness of breath or become overly fatigued, discontinue these exercises immediately until you are rested enough to continue at your own pace.

## Preliminary Exercises

1. Before getting out of bed each morning (and before going to sleep each evening), stretch your arms and legs to their limit. Point your toes towards the foot of the bed, point your outstretched arms towards the head of the bed, and stretch your body to its limits. Twist and turn your body in every possible direction, stretching every joint and muscle in your body simultaneously.

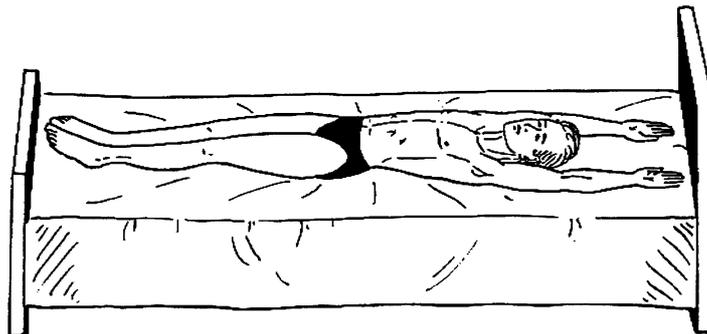


FIGURE 1

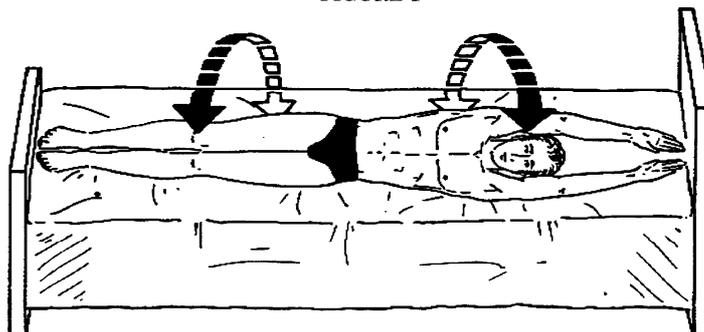


FIGURE 2

2. Still in bed, lying flat on your back, place your hands on your hips and lift your legs and lower torso into the air so that your weight is resting on your elbows and upper back. In this position, with your feet straight up, rotate your legs in the same manner as if you were riding a bicycle. Continue the pedaling motion for 60 seconds.

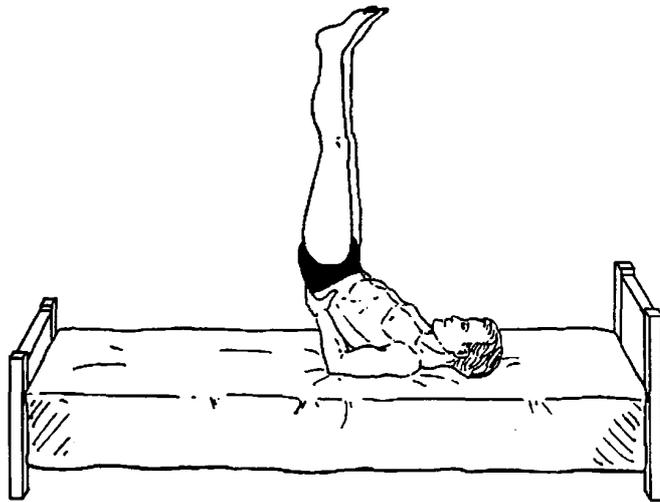


FIGURE 1

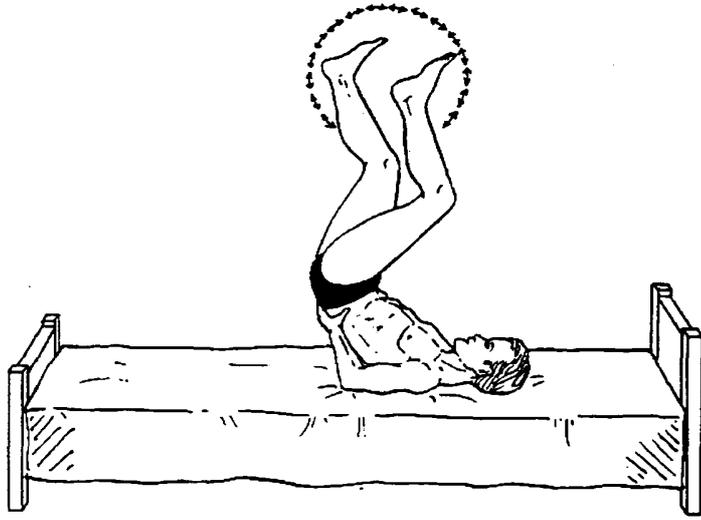


FIGURE 2

3. In the sitting position, while still in bed, allow your head to droop forward with your chin as close to your chest as possible. Rotate your head to the left, then backward, to the right, and then forward. Repeat this circular rotation of the head several times, and then rotate the head in the opposite direction several times. Extend the head as far to the left and right, and as close to the chest and back as possible. Loosen up those neck joints!

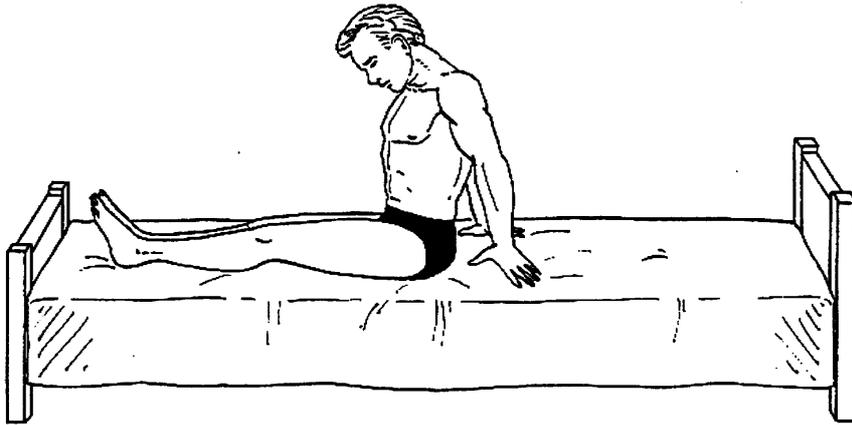


FIGURE 1

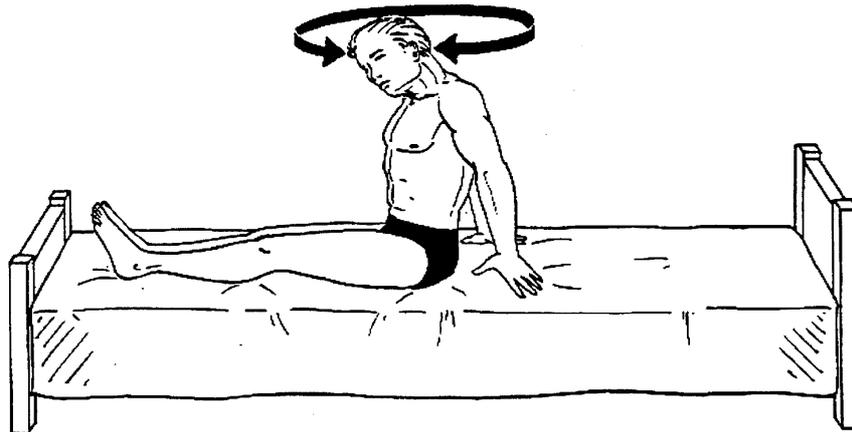
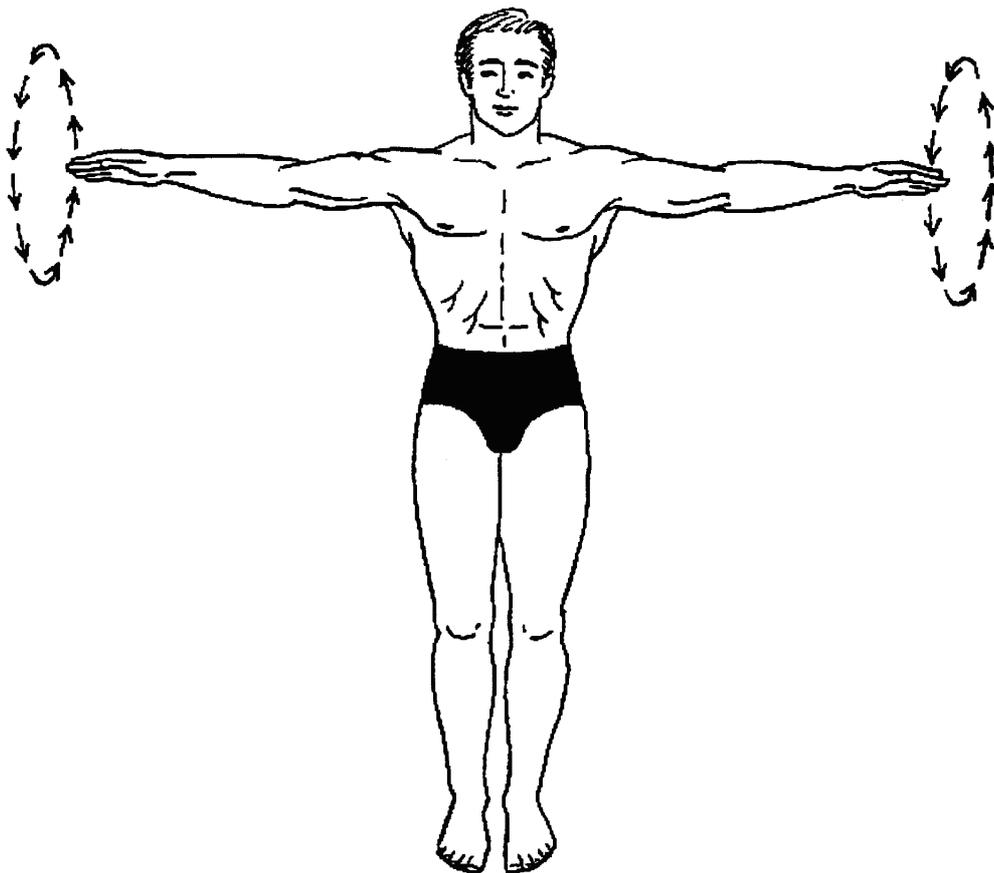


FIGURE 2

4. In the standing position, arms stretched out horizontally away from the body, rotate the arms in a circle approximately 2 feet in diameter. Keep the arms extended to the side, and do not bend the elbows. Rotate the arms from the shoulder joints. After several rotations, rotate the arms in the opposite direction several more times. Extend the arms as far backwards as possible during each rotation.



5. Stand away from all walls or other objects with your feet about 18 inches apart. Allow your head to fall loosely backwards as far as it will go without straining your neck. Raise both arms sideways, away from the body, and stretch them outward as far as they will go. Hold them there, level with your shoulders. Start the exercise by swinging your torso all the way to the left, and then all the way to the right. Keep your arms stiff and straight. Keep performing this swinging movement, to the left, to the right, then left, then right, left, right. Do it naturally and smoothly. During the motion, extend your arms as far outward as you can, and twist the body as far as you can in each direction. Repeat this exercise for 60 seconds, and then clasp your hands behind your neck, and perform the same swinging movements, left, and right, for another 60 seconds.

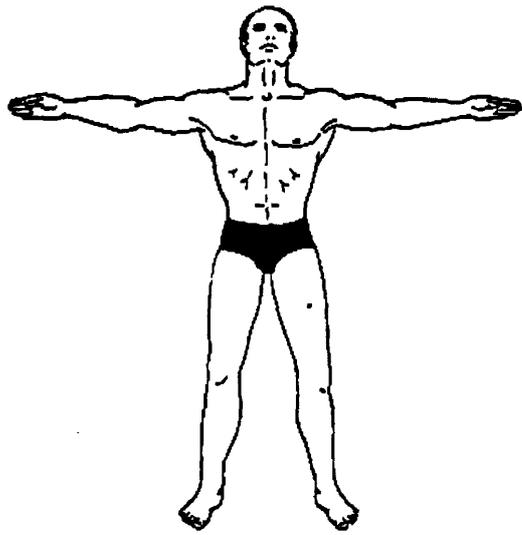


FIGURE 1

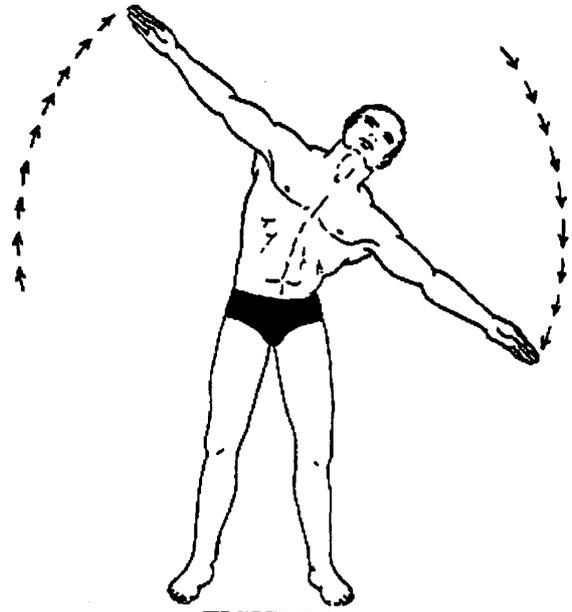
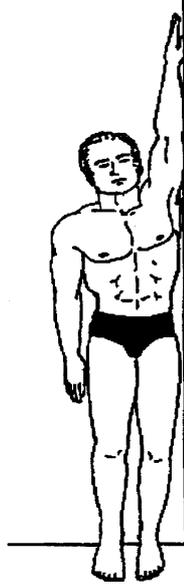


FIGURE 2

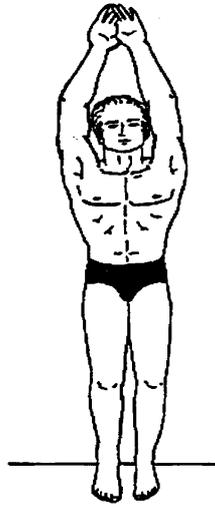
6. In the standing position, facing a wall, with your stomach and toes touching the wall, raise your left hand and reach as high up on the wall as you possibly can. Do not lift your heels. Let your fingers touch the wall as high as possible, and try to move your fingers up the wall a little further. When you have reached as far as possible, hold that position for several seconds, and slowly lower your arm to your side. Repeat the same procedure with each hand, a total of 3 times. Turn your left side to the wall, and perform the exercise with your left hand, 3 times. Turn your right side to the wall, and perform the exercise with your right hand, 3 times. Turn your back to the wall, clasp your hands together, behind your head, and raise both hands as high up on the wall as possible, without unclasping your hands, and without lifting your heels. Perform this 3 times.



**FIGURE 1**



**FIGURE 2**



**FIGURE 3**

As you will observe, these preliminary exercises require very little effort and should not result in tiredness or fatigue. They are designed to prepare the body joints for the more strenuous exercises to come, and to develop stamina and strength. You will also notice that the side benefits include good posture development, straightening of the spine, and stretching the body. All of these will contribute to height increase. It is recommended that you continue these exercises during the complete time you are performing the other exercises in the following chapters.

Also recommended as preliminary exercises are physical recreation activities such as walking, jogging, tennis, swimming, bicycling, handball, baseball, soccer and any type of activity involving muscle exertion. Your body is a machine, and if you do not use it regularly, the working parts will become “rusty” and inoperable. To look your best, to feel your best, and to be able to do your best, you must exercise regularly. That is man's nature, and modern technology can't change it.

# ***Regular Exercises***

## **Chapter 5**

## **Regular Exercises (Stage II)**

By now you should have completed your first week of stage I (preliminary exercises) which you did every day, twice a day. By this time you should notice a general feeling of better health and awareness about yourself. Any problems with poor posture should have been corrected by this tune-up. You should be sleeping more comfortably now that you've straighten your body out on a firm mattress and learned to "kick" the pillow habit. And yes, there is an excellent chance that you have noticed a little bit more of you than usual when standing in the mirror. That's right, some of you have already begun to notice an increase in your stature. If you haven't, there is no need for alarm. We've only just begun, so please dismiss any negative attitude. Remember, you have the rest of your life to be short. So keep giving a 100% effort and the results will come.

At this time, however, you are still not fully prepared to start our Stage III (Advanced exercise) program. Your body still needs to be conditioned and prepared for each demand placed on it. The same as with an athlete, your body must be in shape to guard against severe

strain resulting in torn ligaments, or over exertion which occurs when your body is not physically prepared to handle such stress and strain.

These Stage II (Regular Exercises) will do the same things as the Stage I Exercise did plus much more with more results. But, remember they should not be attempted until at least one full week of the Stage I Exercises have been completed. Your body is now ready for more strain, more exertion, and more stretching than it was one week ago.

These exercises are designed to not only help in the continued straightening of the spine but, also in stretching the body and strength of the muscles involved. This is how you're going to accomplish your ultimate goal of more height.

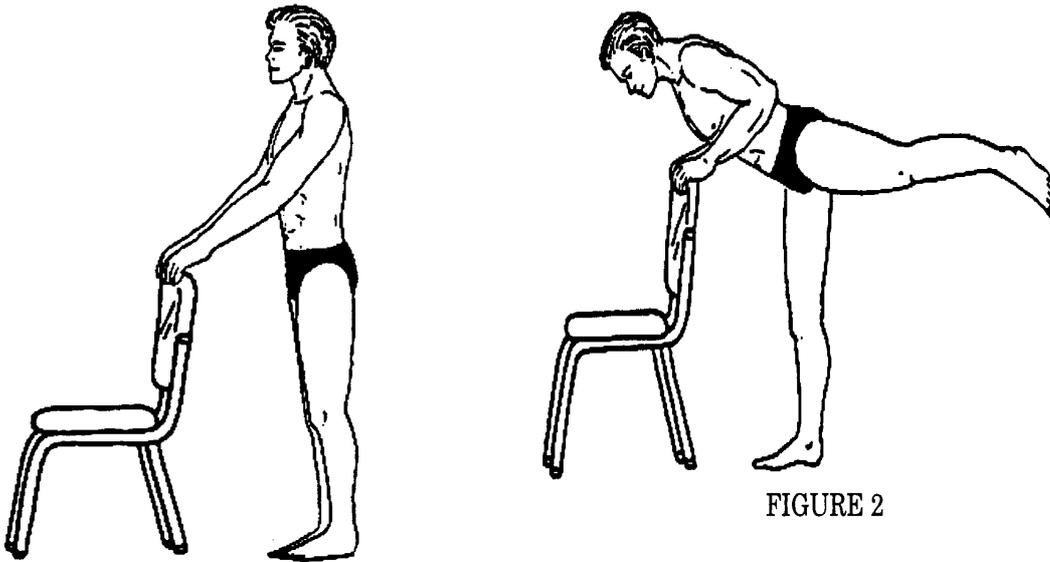
You will continue to perform the Stage I Exercises every day in addition to the Stage II Exercises. To avoid over exerting yourself, we advise doing only 5 out of the 15 Stage II exercises each day and rotating them each day. For example you would perform the first 5 on the first day, the second 5 on the second day, and the last 5 on the

third day. Repeat this cycle 6 more times, for a total period of 21 days doing both Stage I and Stage II Exercises.

Remember to eat a well-balanced diet during this 21 day span and the previous 7 days, and if necessary, develop a vitamin supplement program, get plenty of rest each night and hold your posture straight and tall at all times.

By following our directions accordingly with this exercise you could add as many as 2 or 3 additional inches to your height and look forward to several extra inches in the following 12 weeks.

1. Stand erect behind a chair, feet together with hands gripping the back of the chair. Your feet should be about 12 inches away from the chair. Lift your left leg back and up as far as possible, maintaining your grip on the chair for support. Bring your leg down, and repeat the same procedure with your right leg. Perform the leg lifts slowly and stretch them out as far as possible. Repeat the leg lifts 10 times for each leg.



2. Lie flat on your back on a firm surface. Lift your left leg up, bending it at the knee, and touch your chin to your knee. Grasp your leg with both hands below the knee, and pull your knee to your neck. You may lift your head off the floor, towards your knee, but do not lift; your shoulders off the floor. When your knee touches your neck, hold that position for a few seconds, and then return to the original starting position. Perform the exercise with the other knee. Alternating legs, repeat the exercise 10 times with each leg.

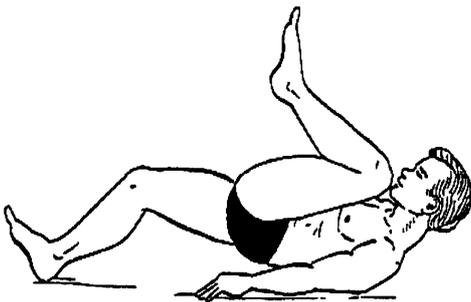


FIGURE 1

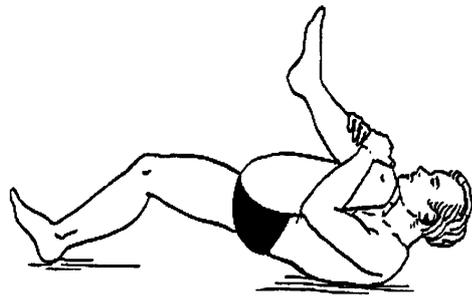


FIGURE 2

Note: When bringing knee into chest remember to inhale so lungs are filled with oxygen. Holding that position, then exhale while returning to starting position.

3. Stand erect, knees and heels together with arms relaxed at your sides. Raise your arms outward and up until they meet at the highest point over your head with the knuckles of each hand facing and touching each other. As you raise your arms, lift your heels so that all your weight is on your toes. Stretch your arms and body up as far as you can. As the arms are raised, inhale and fill your lungs to full capacity. Lower your arms in the same course as you raised them, exhale slowly, and lower your heels until they touch the ground. Repeat this exercise for 1 minute the first time, 2 minutes the second time, and 3 minutes every time thereafter.



FIGURE 1

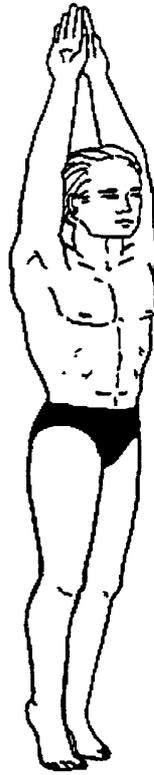


FIGURE 2

4. Lie down on your stomach with your hands behind your back, clasp your hands together and interlock your fingers. Arch your body so that your head, shoulders and legs are raised off the ground and maintain this position. Rock your body forward and then backward several times, and then relax. Repeat this exercise 5 times. While still on your stomach, stretch both arms out in front of you and rest them on the floor. Commence raising and stretching your legs upwards, alternating legs, without bending your knees. Do this 5 times with each leg. As in all exercises, if at any time you become very tired, stop and rest before continuing.

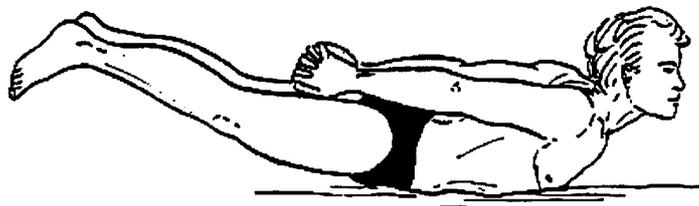


FIGURE 1

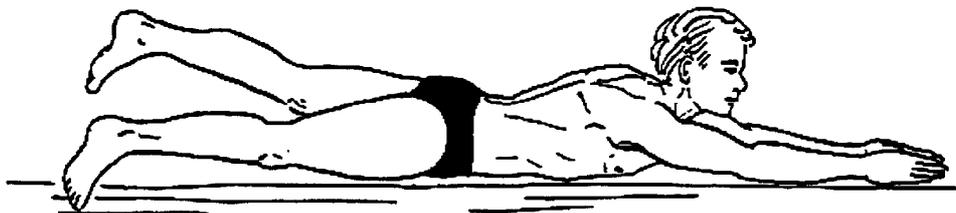


FIGURE 2

5. Stand erect with your arms high over your head and your thumbs interlocked. Stretch your body upwards vigorously without lifting your heels, and then bend far to the right. Return to the position with your arms over your head and bend far to the left. Repeat this movement to the right and to the left alternately for 10 times. Rest 1 minute, and repeat it another 10 times. Do it slowly, but keep stretching your arms and torso all during the exercise.

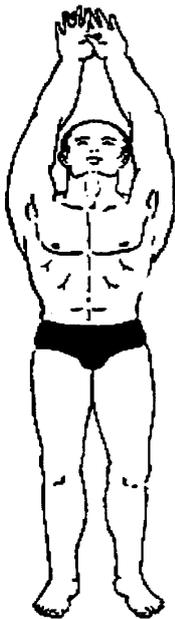


FIGURE 1

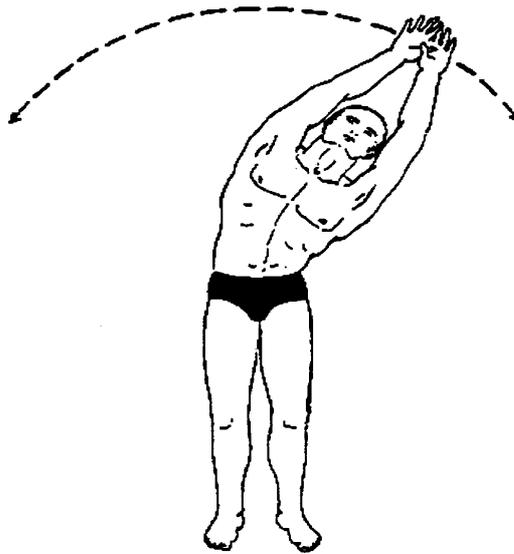


FIGURE 2

6. Lie flat on your back with your hands below your buttocks. Raise both legs off the ground, straight up. Bend your knees and lower your toes so that they touch the floor. Lift your hips off the floor, supporting your body with your hands on the floor. Arch your body so that your weight lies only on your shoulders and your toes. Lower your hips so they rest on your hands, lift your toes, straighten your legs, and lower them to the floor so that you are in the starting position. Repeat this procedure 10 times, each time trying to arch your body as much as possible when you touch the floor with your toes.

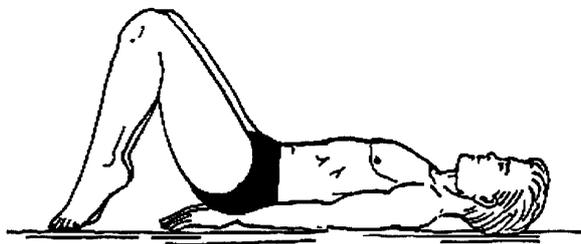


FIGURE 1

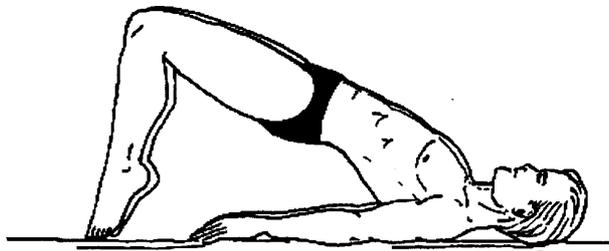


FIGURE 2

7. Seated in a large arm chair, stretch your feet straight out and stiffen your body so that the only points of contact between your body and the chair are at the top of the chair and at the front of the seat. Your buttocks should be resting on the front of the seat. Lean slightly forward, and at the same time bring your knees up to your chest. Use your arms to help bring your knees closer to your chest by wrapping your arms around your bent legs and pulling them towards you. Breathe normally during this exercise. Release your legs and return to the original position. Repeat this exercise 5 times.

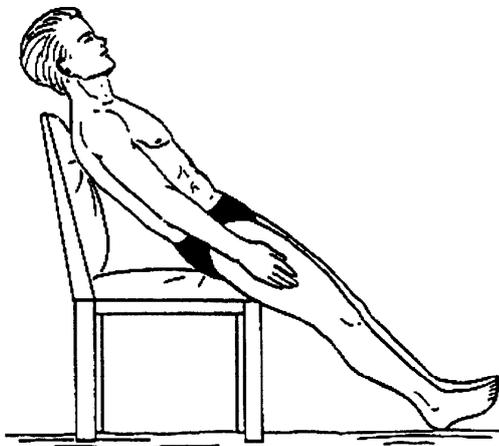


FIGURE 1

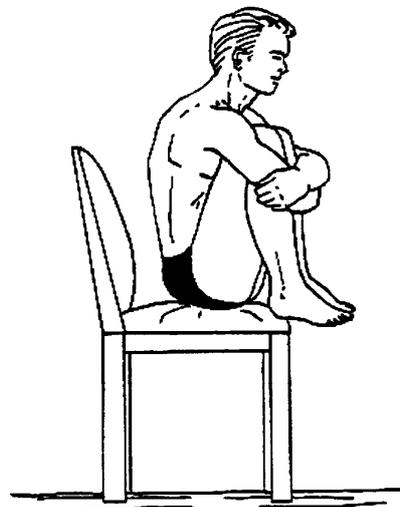


FIGURE 2

8. In the standing position, feet about 18 inches apart, place your palms on the back of your thighs. Without bending your knees, slide both hands down the sides of your legs as far as you can reach. You will have to bend forward to perform this exercise, but be sure to maintain contact between your palms and your legs. The further you reach down, the more excessive the strain on the back of your knees. Do not bend them. Vary this exercise by placing your hands on your buttocks and moving them down the back of your legs, bending your body backwards to enable you to perform this movement. Perform each of these exercises, slowly, 5 times.

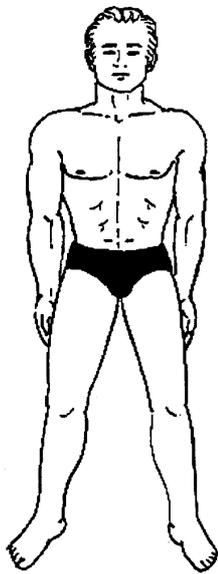


FIGURE 1

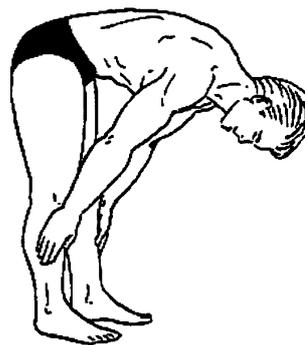


FIGURE 2

9. Stand erect with your back to the wall, feet flat on the floor. Your feet should be about 24 inches away from the wall on the first time you perform this exercise. On following days, you will increase your distance from the wall 3 additional inches each time. Stretch the arms forward, upward, and then backwards over your head until your fingers touch the wall behind you. Do not allow your body to touch the wall. If you find it very easy to touch the wall, move a few more inches away from the wall. You should have to stretch your body to enable you to touch the wall. After your fingers achieve contact with the wall, return to the original positions by bringing the arms back over the head and then down. Repeat this exercise 7 times. Keep a careful record of the distance from the wall the last time you performed this exercise so you can increase this distance by three inches each different day you perform it.

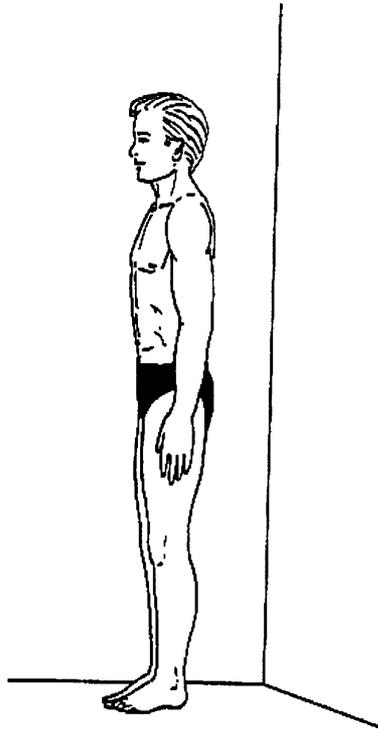


FIGURE 1

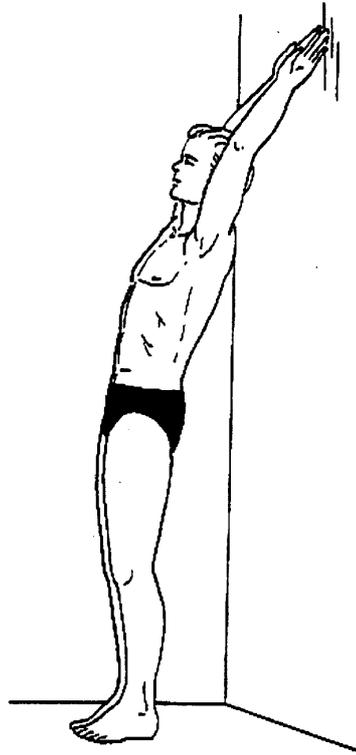


FIGURE 2

10. In the standing position, place your left leg far out in front of your right leg, and distribute your weight evenly on both legs. Without lifting your right leg, shift your weight forward to your left leg, bending the left knee and placing your left hand on your left knee to maintain your balance. Lean forward as far as you can, placing most, of your weight on your left foot. You may lift your right heel, but do not allow your right toes to lift off the floor. Stretch your body forward as far as possible, hold this position for 3 seconds, and return to the starting position. Switch positions of your legs, and perform the exercise by shifting your weight forward to your right leg, and maintain balance with your right hand. Perform the exercise 5 times in each position.

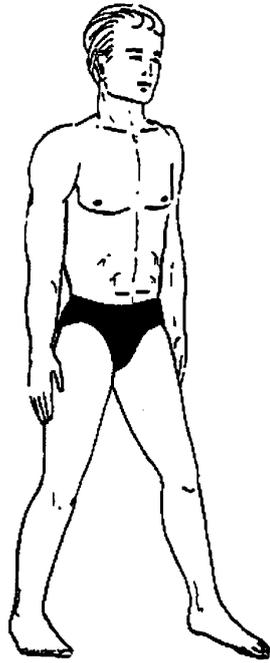


FIGURE 1

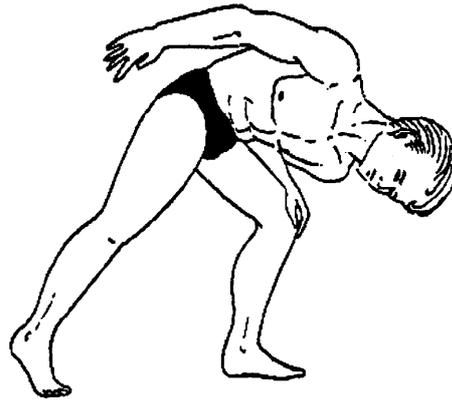


FIGURE 2

11. In the standing position, feet slightly apart, hands on hips, body straight and erect, head up. Slowly bend the knees while keeping the rest of your body straight and erect, and come to a squatting position with the knees straight ahead (not spread apart). As you slowly bend your knees, extend your arms straight ahead, stretching the arms and fingers to their fullest extent. Hold this position for a few seconds before slowly returning to the original position. Repeat this exercise 10 times.

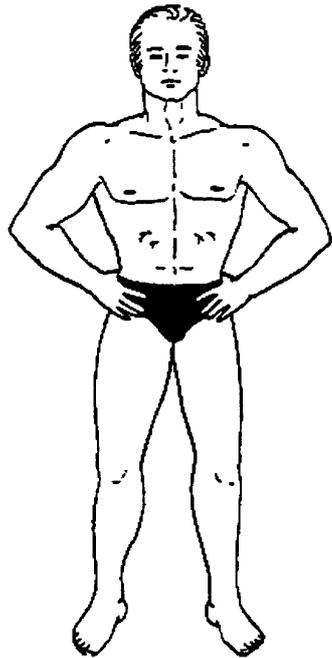


FIGURE 1

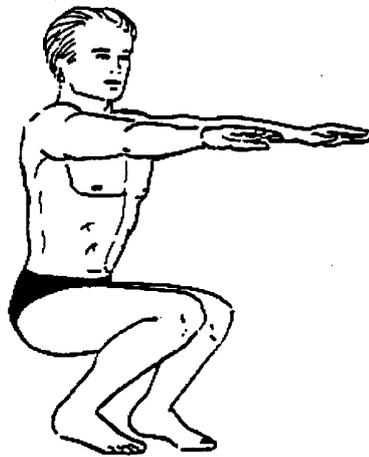


FIGURE 2

12. Sit on the floor with your legs extended straight out in front. Place your feet under an article of furniture (chair, table, or sofa) to keep them from moving during the exercise. Interlock your fingers behind your neck, and start the exercise. Slowly revolve your trunk in a large circle, bringing your upper torso forward, to the right, backward and to the left, as far as possible. Rotate your body in as wide a circle as possible, and then reverse directions. Repeat this exercise for 30 seconds, rest 15 seconds, repeat 30 seconds, rest 15 seconds, etc., for a period of six 30 second units.

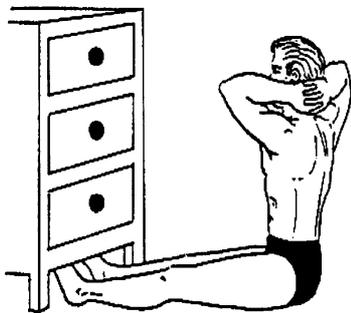


FIGURE 1

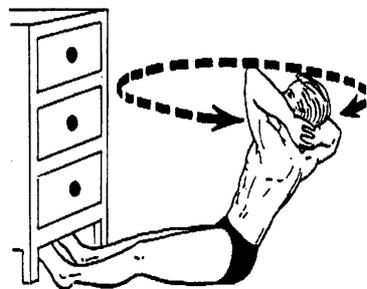


FIGURE 2

13. In the standing position, with your legs spread widely apart, raise both hands straight over head and overlap your hands. Bend over forward and touch the floor between your legs, then return to the original position. Perform this exercise 10 times. You will notice that the wider your legs are spread apart, the easier it will be to touch the floor. As you progress in this and the other exercises, you should bring your feet closer together so that it will be more difficult to touch the floor with your fingers. If you can touch the floor with your feet close together, you should then strive to touch the floor with your palms.

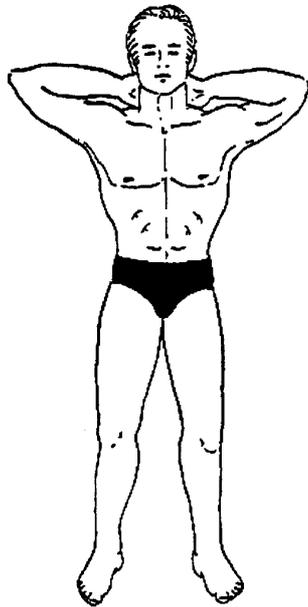


FIGURE 1

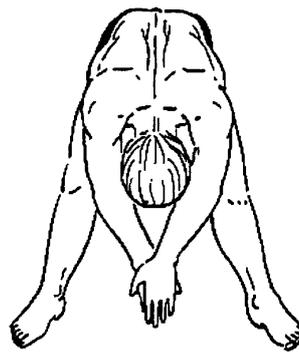


FIGURE 2

14. In the prone position, lying flat on your back with your arms by your side, raise your arms and bring them straight back over your head until they are stretched out on the floor, pointing away from your head. Resting all of your weight on your outstretched arms, your shoulders, and on your heels, slowly raise the back, hips, torso, and upper legs off the floor. Stretch your body up as high as you can. Hold that position for a few seconds, and return to the original position. Perform this exercise 5 times.

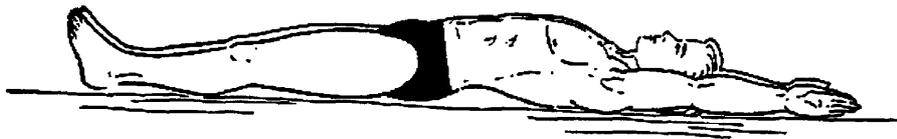


FIGURE 1



FIGURE 2

15. In the standing position, feet spread slightly apart, hands behind the neck with your fingers interlocked. Bend the body forward from the waist, without bending the knees, and try to bring your head down between your legs. Of course, it will be impossible to bring your head all the way down, but stretch your body as far as possible without straining yourself. Do not remove your hands from behind your head. Use your hands to help push your head down further. When you have reached as far down as possible, return to the starting position. You will perform this exercise with more ease after one or two weeks. Perform this exercise 5 times.

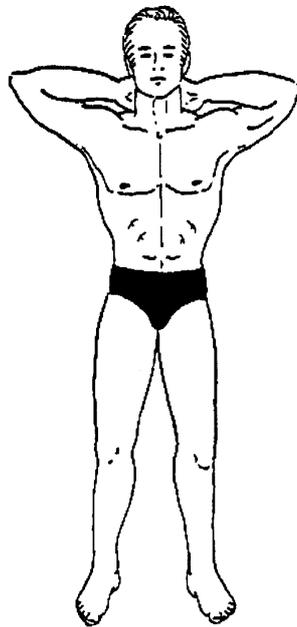


FIGURE 1

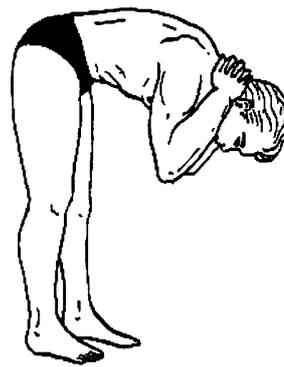


FIGURE 2

# ***Advanced Exercises***

## **Chapter 6**

## **Advanced Exercises (Stage III)**

A total of four weeks have passed since you first started our exercise program, and if you've followed our instructions carefully and dedicated yourself toward your goal of being taller, you should have at least increased your height by one or two inches and possibly as much as three or four inches.

Maybe you have noticed that many of your clothes are now too short for you and may not fit properly because of your thinner waistline and improved posture as an extra bonus in addition to your extra height. By now our training program should be a regular part of each day for you. Your body is now in much better condition to handle any additional demands or rigorous training placed on it.

Before you start the Stage III (Advanced Exercises), you are probably wondering how many more weeks or months you must devote to these exercises. Actually there is no specific time period or answer to this question it is entirely up to you and how tall you would like to be. Now that you've finished the Stage II Exercises, you have the rest of your time to devote to these advanced exercises. You are required to

perform all 10 of these Stage III (Advanced Exercises) each and every day for periods of 7 consecutive days. You may then cease the exercises, for a period of 2 days, and then you must resume the program for another 7 day circle. The 2 day interval between cycles is simply a precautionary measure to eliminate the possibility of exhaustion, strain, or other stress. Keep repeating the cycle over and over again for several months or longer depending on the results you want to achieve. As a general rule, you will notice an additional increase in your height after only 2 or 3 weeks of performing this advanced exercise program. The increase will be between 1/2 inch and 2 inches. Since each individual is different, it is impossible to accurately predict any one person's results. There are too many factors involved. Some of you will achieve rapid results while others will take longer to achieve the same results.

Each person should keep a written record of his or her starting height, and proceed to take measurements every 7 days. Do not measure your height more than once every 7 days, since it can be very discouraging if you find little or no increase at all from the previous

day. On the other hand, if you take a measurement once a week, we are certain you will be pleased with your results.

You should be able to sufficiently complete all of the 10 advanced exercises within thirty to forty-five minutes. To obtain the maximum results from these exercises, they should be performed shortly before going to sleep. This way your body will have the whole night to rejuvenate itself while you sleep. Remember, in addition to these exercises and getting plenty of rest, eat a well balanced diet consisting of the right nutrition needed for promoting growth.

## **Exercise # 1: Neck and Upper Spine**

In the standing position, place your hands behind your head and interlock your fingers. Use the hand and arm muscles to push your head forward and down, and at the same time, utilize your neck muscles to resist this pushing motion. While exerting these opposing pressures, allow your head to be pushed forward until your chin rests on your chest. Relax the pressure on your head, and return it to its normal position. Repeat this procedure 10 times, then rest 10 seconds, and repeat the exercise 10 more times.

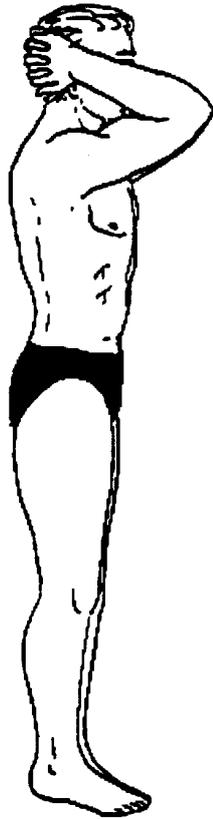


FIGURE 1

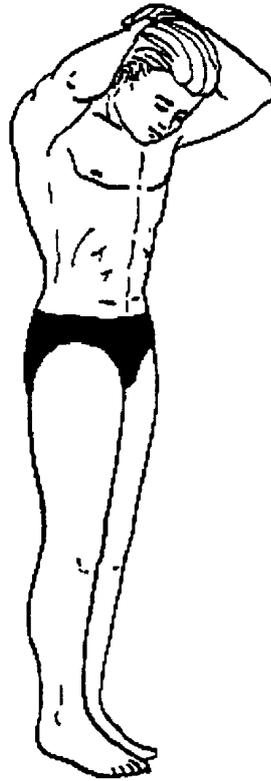


FIGURE 2

## **Exercise # 2: Upper Spine and Shoulders**

In the standing position, head up high, arms at your side. Bring your arms backward and interlock your thumbs behind your back and below your waist. This is your starting position. Keeping your thumbs interlocked, and your arms always as straight as possible, bring your shoulders up, then back, then down, then forward, then up, back, down, forward, performing a circular motion and trying to extend the shoulders as far as possible in each direction. Perform this exercise slowly, always being aware that you are stretching your shoulders to their limit. Perform three sets of ten circular motions. You may take a short rest between each set.

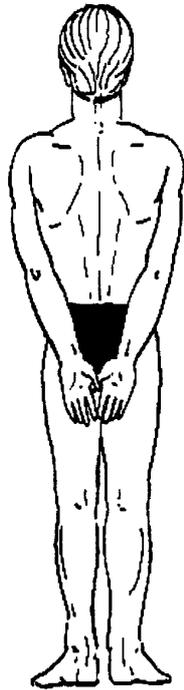


FIGURE 1



FIGURE 2

### **Exercise # 3: Neck and Upper Spine**

In the standing position, feet together, arms at your side. While keeping your left foot on one spot, bring your right foot forward about 15 inches. Place your entire weight forward on your right foot, and extend your right arm forward. Bend your right knee, and bring your head and body down toward the floor as far as possible. Place your right hand on the floor in front of you to maintain your balance. Attempt to touch the floor with the top of your head. Of course, it will be impossible to do so, but try to bring your head as close to the floor as you can. Do not lift your left leg, and keep it straight. Return to the original position. Perform the same exercise with the position of the legs reversed. Do each exercise ten times.

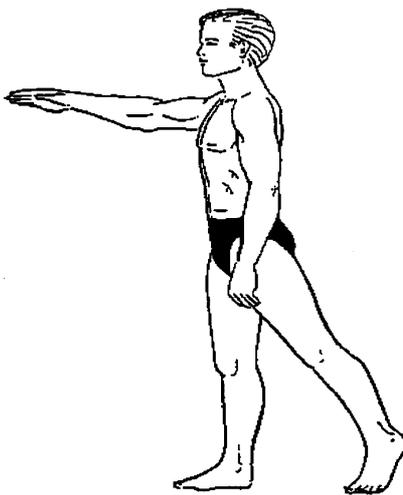


FIGURE 1

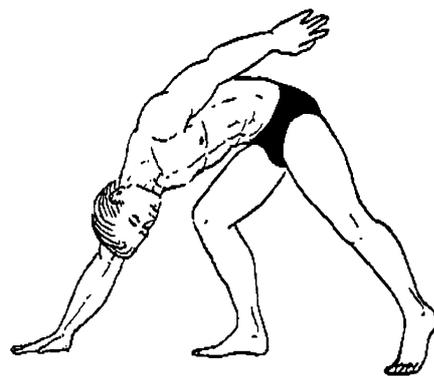


FIGURE 2

#### **Exercise # 4: Neck and Arms**

In the standing position, arms by your side. In one smooth movement, raise your heels so that you are standing on your toes, and swing both arms toward the sky as high you can possibly extend your arms. Hold this position, with your arms extended straight up and reaching even higher and higher. While in this position, bend your neck and head backward as far as possible. Hold this position for a few seconds before returning to the starting position. Perform this exercise ten times.



FIGURE 1



FIGURE 2

### **Exercise # 5: Abdomen, Middle Spine and Legs**

In the standing position, feet about 12 inches apart, hands on hips. Raise the right hand, bend forward from the waist without bending the knees, and attempt to touch your left toes with the right hand, while keeping the left hand on your hip. If you can not touch your toes, do not be disappointed as you should be able to achieve this after two or three weeks. Perform the same exercise with the left hand and attempt to touch the toes on your right foot. Alternate attempts with the left and right hands to touch the toes on the opposite foot. Perform this exercise twenty times, alternating hands each time. Remember, the purpose of this exercise is to stretch, so do not be lazy. Try to come as close as possible to touching your toes.

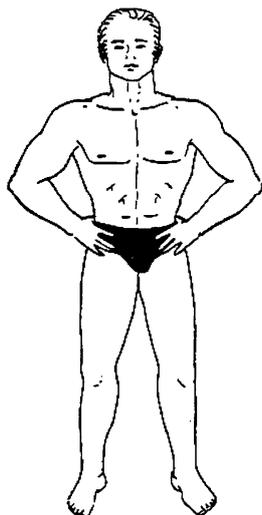


FIGURE 1

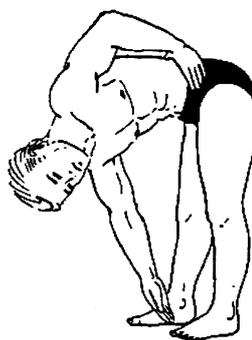


FIGURE 2

## **Exercise # 6: Abdomen and Lower Spine**

This is similar to Exercise No. 5 with the difference being that you are performing this exercise in the sitting position, and thus you will be stretching a different portion of the body. Sit on the floor, legs stretched forward, hands on hips. Bend forward, with arms stretched forward and try to touch your toes. You may not achieve this right away, but as with the previous exercise, you soon will. Repeat this exercise 5 times, with both hands, and then spread your feet slightly apart and with alternate hands, one at a time, try to touch the toes on the opposite foot. Repeat this 5 times with each hand.

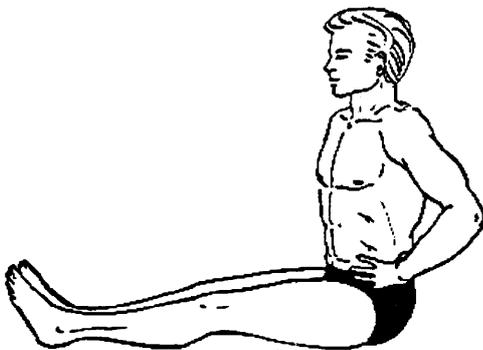


FIGURE 1

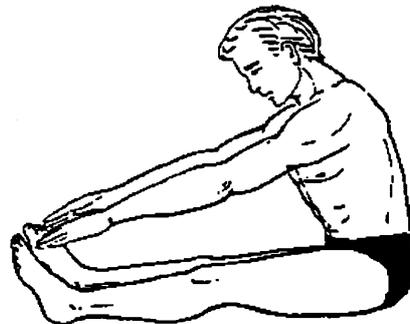


FIGURE 2

## **Exercise # 7: Middle and Lower Spine**

In this exercise, you will have to use your own judgment about the positioning of your body so you can obtain the maximum benefit. Sit on the floor, with your knees bent and the soles of your feet flat on the floor. It is preferable to have your feet spread apart, and your knees bent. as little as possible, the degree of bend, and the distance apart will depend on you. Clasp your hands together, behind your head, and extend your elbows forward. Lean forward, and touch your left elbow to your right knee. If you can perform this movement with little or no exertion, your knees are bent too much and your legs are not spread wide enough apart. The correct posture for this exercise is when you can barely touch your elbow to your knee. After continued practice, you must reduce the degree of the bent knee, and spread the legs wider. After you touch your elbow to the knee, return to the original position, and touch your other elbow to the opposite knee. Repeat the exercise, 5 times with each elbow. Alternate elbows with each touch.



FIGURE 1



FIGURE 2

## Exercise # 8: Lower Spine and Legs

Lie flat on your back on a firm surface, and not on a soft mattress. Place your hand palms down underneath your buttocks and rest your weight on your hands. Without bending your knees, lift both legs straight up, and spread them apart as far as you can. Continue this motion back and forth, first spreading the legs as far apart as you can, and then bringing both legs back in the other direction, crossing them, as far as possible. Perform this exercise 10 times, rest your legs, and perform it another 10 times.



FIGURE 1

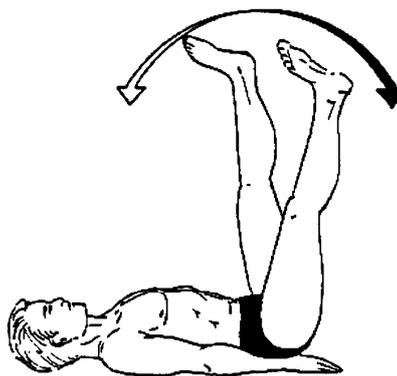


FIGURE 2

## Exercise # 9: Legs and Ankles

Lie flat on your back, on a firm surface, arms stretched towards your toes. Place your palms flat on the floor. Keeping both feet together, raise them upwards and bring them over your head until your toes touch the floor behind your head. Use the palms of your hands on the floor for extra leverage to lift your legs up and over your head, and to help raise your hips off the floor. The first few days you perform this exercise, it is not absolutely necessary to have your toes touch the ground. However, without overexerting yourself, bring your toes as close as possible to the ground. Pause when your toes touch the floor, and slowly bring your legs back to the original position. Perform this exercise 5 times.



FIGURE 1

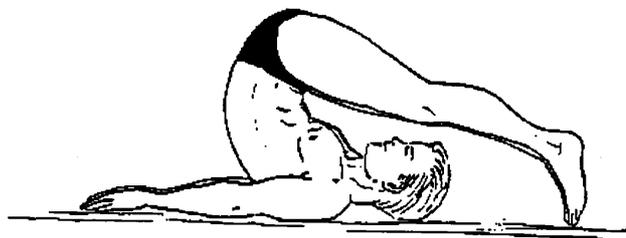


FIGURE 2

## **Exercise # 10: Spine and All Joints**

Many years ago, physicians discovered that many body disorders were caused by pressure of the spinal vertebrae upon specific nerves. This discovery resulted in the widely practiced and accepted treatment of chiropractry. One of the most common treatments consists of body suspension in which the patient is suspended by use of a strap fastened to the upper part of the torso. When suspended by this strap, the weight of the lower body stretches the spine and reduces the pressure between the vertebrae, thus eliminating the pressure on the affected nerves and curing the disorder. This same procedure can be used to stretch and straighten your spine, and we recommend the following exercise, which requires high vertical bars. If these are not easily available, try to improvise with a door or overhanging ledge. Grasp the bar firmly with both hands and hang as long as you possibly can. The bar should be at least 7 feet off the floor, so that your body is swinging free of any support from the ground. Swing your body forward and backwards. When your hands become tired, allow yourself to drop softly to the floor, landing on your feet. Repeat this exercise several times, being extra careful not to overexert yourself.

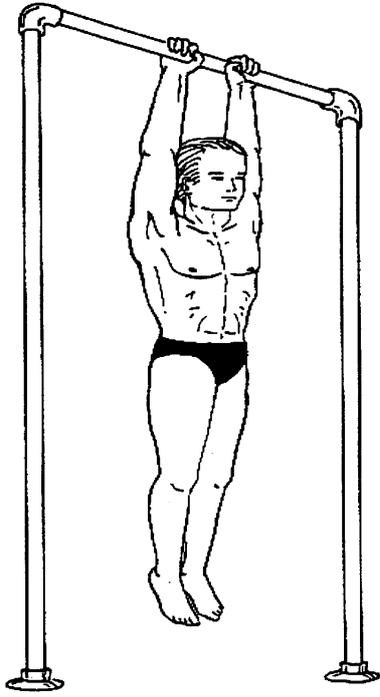


FIGURE 1

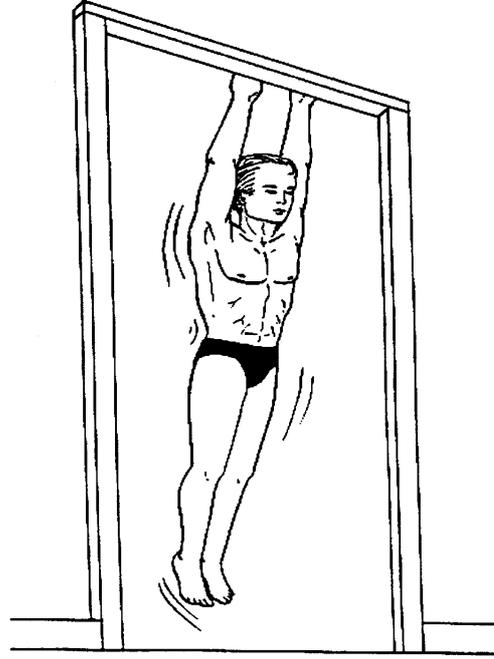


FIGURE 2

# ***Bonus Tips for Additional Height***

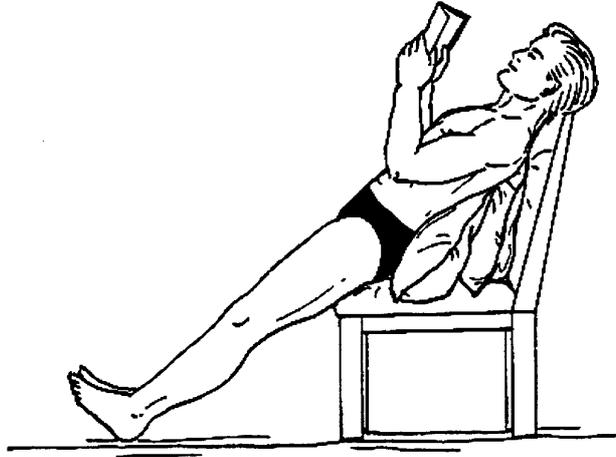
**Chapter 7**

## **Bonus Tips for Additional Height**

### **Sitting Correctly**

So far in this book we have given you tips on how to straighten your posture when walking (or in standing position) and when sleeping (or in lying position). But what about when sitting. Many of you spend hours a day in a sitting position whether it's at work, at school, or just watching television at home. In the normal sitting position, the spine supports the weight of the upper torso with the cartilage or disc being compressed by your own weight. In order to eliminate this pressure we've designed the "Laid Back" method of sitting (below) for those of you who may spend several hours each day in a sitting position.

While in this position, your spine should be perfectly straight, eliminating an pressure from your vertebral disc, your neck should be parallel with your spine and not bent forward. In order to support your back, and keep your spine in a straight line, use one or two pillows at the rear of the seat where the back of the chair meets the base.



"LAID-BACK" METHOD

## **Riding your bike for extra height**

Bicycling is one of America's favorites past times. In addition to its use for sport and, transportation, many doctors recommend cycling for those who want to lose excess weight, develop strong lung, and as a method of exercise for good overall physical conditioning.

In many European countries, bicycling is an integral part of every day life. Several years ago it was noticed that the Dutch people were much taller than Germans, even though their diets and general activities were very similar. An investigation lead us to believe the explanation was directly correlated to the use of the bicycle. But before passing any judgment, here are two important facts to consider:

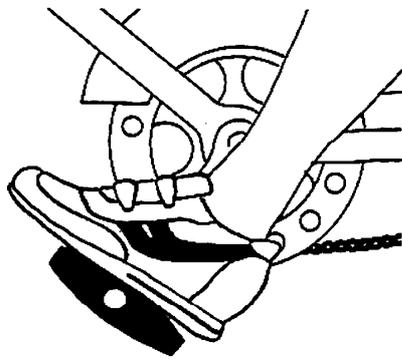
1. The Dutch keep their torso erect and their legs fully extended, while the Germans tend to slump forward like bicycle racers.
2. The Dutch keep their handle bars raised slightly higher than the Germans which helps the Dutch maintain a more erect position in the seat than do the Germans.

Now is there any doubt that the Dutch method will improve your posture and increase your height? By using this information accordingly, you can add as much as one full inch to the length of your legs.

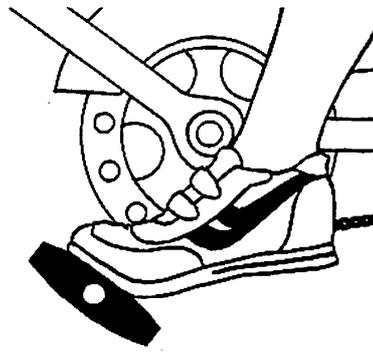
The most effective method for you to ride your bike is to adjust the bicycle seat to your own height so that your legs are fully extended and stretched out when in a downward peddling motion. The handle bars should be raised, if necessary, to the proper height as so to compel the rider to keep his or her back straight and trunk erect. Once you have become accustomed to this position, with no discomfort caused by the raised seat, mark the present location of the seat and raise the seat one quarter of an inch. This will force further extension of your legs while cycling and aid in stretching your legs for more height. Move your seat up slightly each time your legs have grown accustomed to the higher seat level. There is no certain time spend for this, use good judgment with each increase. Be sure when stretching legs, that entire foot is flat on pedal, instead of stretching with toes on each extension. Also be careful that you are not shifting your body: from side to side in order to make up for the extended

distance your legs are from the pedal on the downward cycle. Guard yourself against these errors in order to receive the benefits of this exercise which, will surely add to your height if properly used.

*Note:* Each person, based on there own observation, must decide the correct moment to raise the seat another quarter inch and similarly adjust the handle bars. Many will have to be satisfied with only one or two increases, while others may be able to sustain three or four increases depending on the individual.



CORRECT



INCORRECT

GERMAN

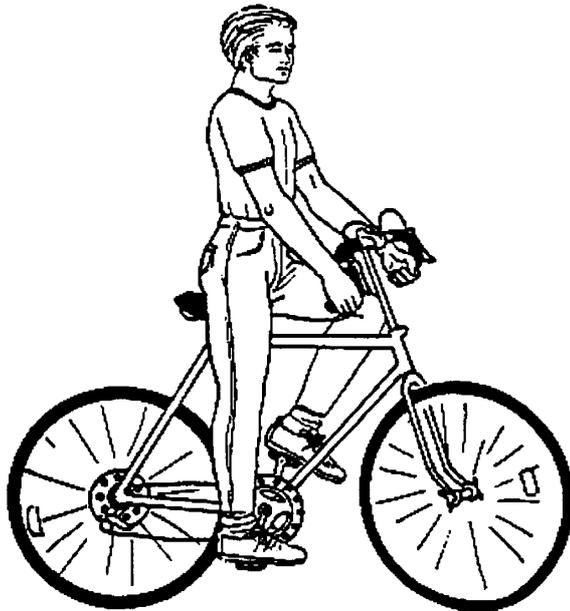


RACING POSITION

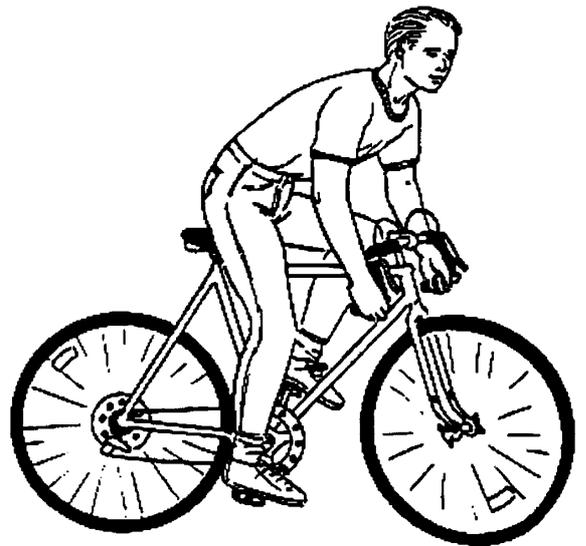
DUTCH



UPRIGHT POSITION



CORRECT



INCORRECT

## **Participate in Recreational Activities**

You will find it very beneficial in aiding this special program we've designed for you if you participate in as many recreational activities as time will permit. Become actively involved in different sports organizations in your own community. Any extra activities will encourage even more bone growth within your body as an added plus along with our prescribed exercises. When choosing a particular activity, try to choose one that may offer you the most benefits toward obtaining any additional height. By this we mean choose an activity that offers your legs and torso more opportunity to be stretched out and exercised. A few good examples of these activities would include: tennis, swimming, basketball, racquetball, aerobics, gymnastics, etc.