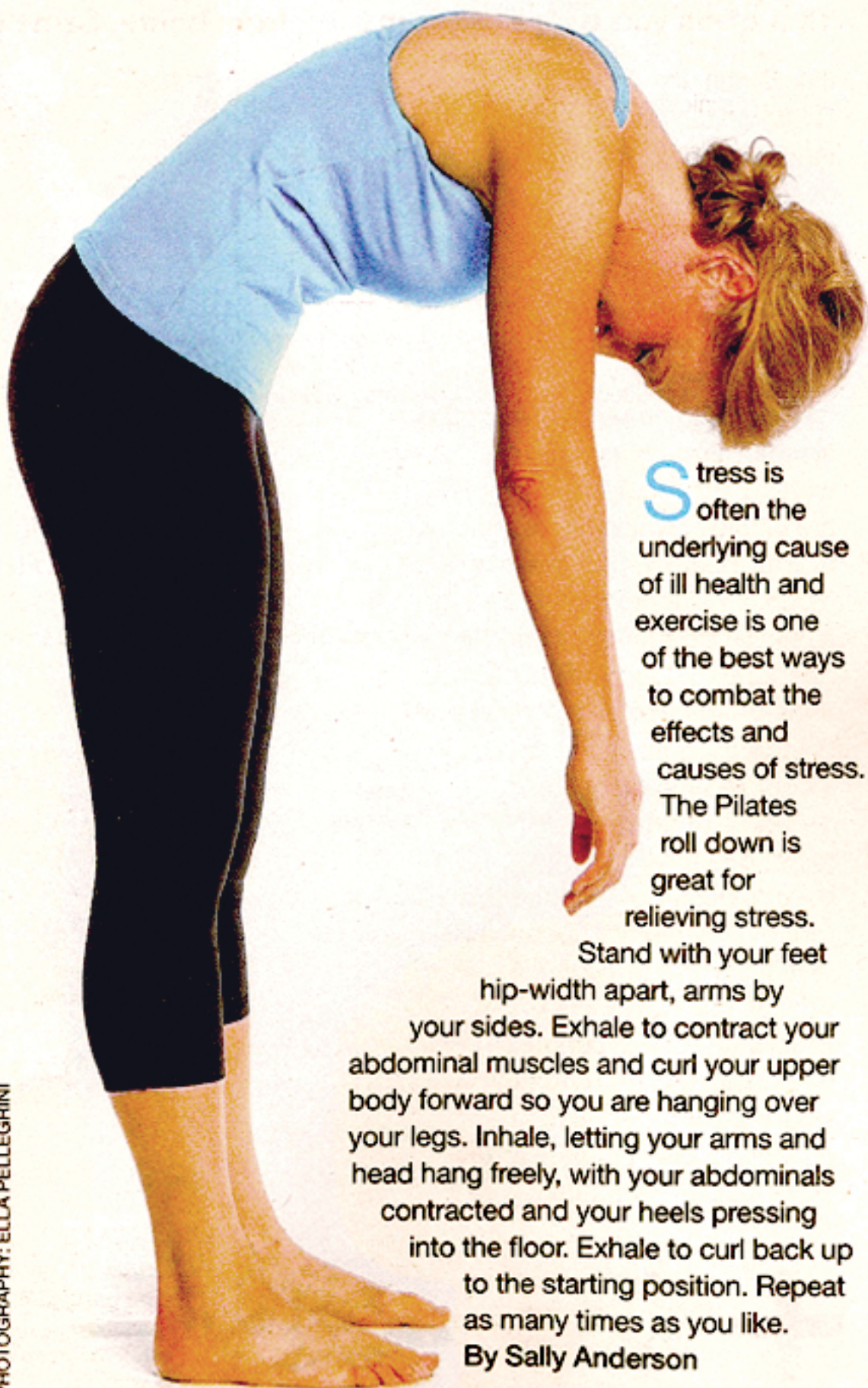


how to... *reduce stress*



Stress is often the underlying cause of ill health and exercise is one of the best ways to combat the effects and causes of stress. The Pilates roll down is great for relieving stress.

Stand with your feet hip-width apart, arms by your sides. Exhale to contract your abdominal muscles and curl your upper body forward so you are hanging over your legs. Inhale, letting your arms and head hang freely, with your abdominals contracted and your heels pressing into the floor. Exhale to curl back up to the starting position. Repeat as many times as you like.

By Sally Anderson