

Dr. Elson's Weekly Exercise Plan

<u>Days</u>	<u>Times</u>	<u>Activities</u>
Monday	<i>Morning</i>	8 Elementals Stretching* and Qigong
	<i>Afternoon</i>	2-hour program Spin and Swim includes Weights, Spin class, Stretch and Swim
Tuesday	<i>Morning</i>	8 Elementals Stretching and Qigong
	<i>Lunchtime</i>	Break from my medical office for 75-90 minutes at the local YMCA for racquetball with a few weights and stretches
Wednesday	<i>Morning</i>	8 Elementals Stretching and Qigong
	<i>Afternoon</i>	May garden or have a massage and go outside for a bit
Thursday	<i>Morning</i>	8 Elementals Stretching and Qigong
	<i>Afternoon</i>	Racquetball and Weights/Stretch
Friday	<i>Afternoon</i>	8 Elementals Stretching and Qigong often as a class with my teacher, Spiritboxer
	<i>Evening</i>	May include dancing for 90 minutes or so 2-3x/month
Saturday	<i>Morning</i>	8 Elementals Stretching and Qigong
	<i>Midday</i>	Gym for Spin and Swim or sometimes just a combo of cardio, weights, stretching and swim
Sunday	<i>Morning</i>	10 am-noon: Free-style Dance gathering with stretching first

In General - Breathe and relax every day to stay centered and calm to your core. This doesn't mean denial or avoidance but the ability to not have external dramas interfere with your inner peace.

* The 8 Elementals are a set of Taoist Longevity Exercises, energizing the meridians, lubricating the joints and activating the respiration. This opens the physical body so the energy can move freely while calming the mind.