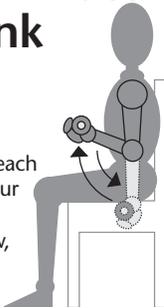


Lift 4 bottles* of water a day...and drink them, too!

Bottle Curl (biceps)

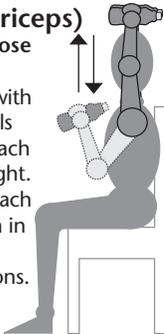
Sit upright with a water bottle in each hand, arms at your sides. Bend your elbows and slowly curl your arms toward your chest. Then, in a slow, controlled motion, lower to start. Do 12-14 repetitions.



Bench Press (shoulders, triceps)

Note: not recommended for those with shoulder injuries.

Sit all the way back in your chair with your spine straight and abdominals pulled in. Hold a water bottle in each hand to each side at shoulder height. Lift arms overhead, palms facing each other and shoulders relaxed. Then in a slow, controlled motion, lower bottles to start. Do 12-14 repetitions.



Consult with your doctor before starting an exercise program.

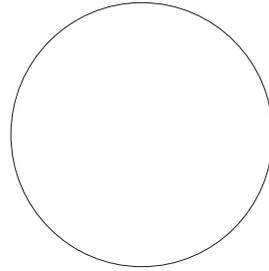
**Water bottle is intended to be a 16-20 oz. size.*

Answer Line: 1-800-262-3804

Web site—

<http://www.extension.iastate.edu/families/>

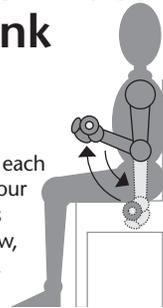
N 3439b October 2010



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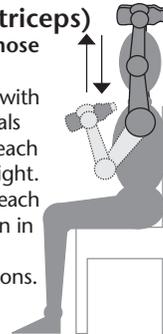
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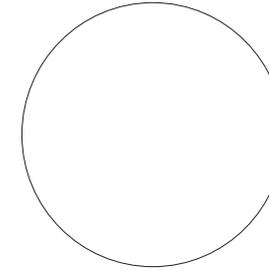
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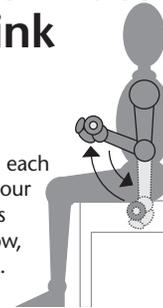
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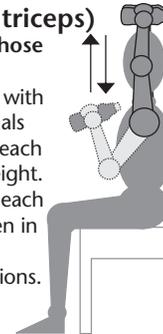
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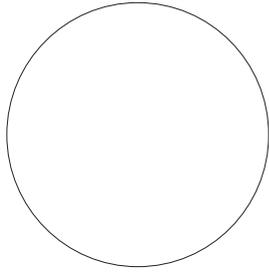
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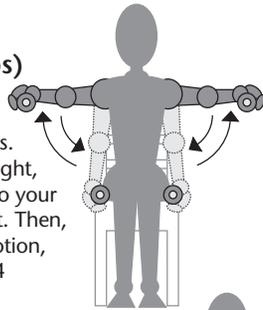
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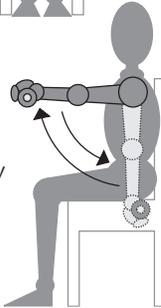
Lateral (shoulders, triceps)

Sit upright with a water bottle in each hand, arms at your sides. Keeping your arms straight, slowly raise your arms to your sides to shoulder height. Then, in a slow, controlled motion, lower to start. Do 12-14 repetitions.



Front Lateral (shoulders, triceps)

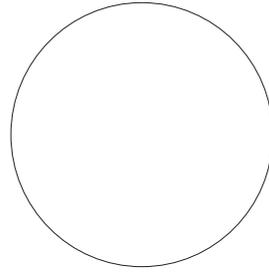
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Funding for this project was made possible from the Substance Abuse and Mental Health Services Administration (SAMHSA), grant no. 1 H79 SM5484-01, "Iowa State University Extension to Families for Rural Outreach."

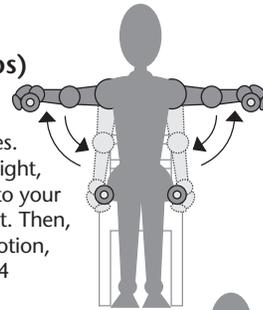
... and justice for all
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Gerald A. Miller, interim director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

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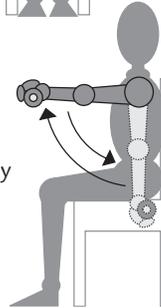
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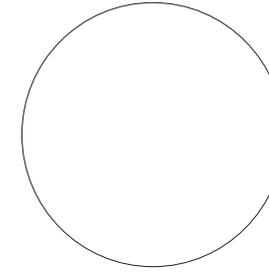
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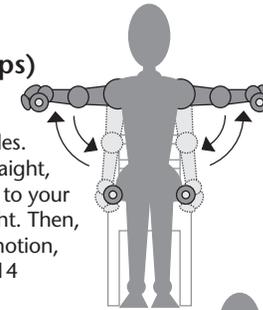
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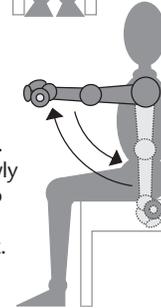
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