Seven fantastic exercises to give you a healthy spine

Back pain is no joke. Regardless of whether someone has a highly active lifestyle or is completely lazy, every one of us risks damaging our spine through our everday activities. Luckily for you, we've found a few simple, but very effective exercises which are guaranteed to help you get rid of back pain you might experience.

	**Exercise 1** Lie on your back. Bend your right leg at the knee. Stretch out your left leg above your head. Grasp it with both hands under the knee, and pull it towards your torso. Hold this pulling motion for 30 seconds. Repeat this exercise twice for both legs.
	**Exercise 2** Lie on your back and bend both legs at the knee. Grasp your left leg with both hands at the knee and pull it towards your torso. Hold the position for 20 seconds. Repeat the exercise twice for both legs.
	**Exercise 3** Lie on your back. Stretch your right arm out to the side, at a right angle to your body. Stretch your left leg out so that it is straight. Try to stretch your right knee towards your left side, so that it almost touches your left hand. Hold this position for 20 seconds. Repeat the exercise twice for both knees.

		**Exercise 4** Lie on your back and bend your left leg at the knee. Place the lower half of your right leg crosswise over your left thigh, with your knee pointing out sideways at a right angle. Carefully pull your left leg towards your head. Hold this position for 30 seconds. Switch the position of your legs and repeat.
		**Exercise 5** Lean on the floor on your using your right knee and stretch out your leg behind you. Your left leg should be bent at the knee. Hold this position for 30 seconds. Repeat the exercise with the position of your legs changed.
		**Exercise 6** Lie on your right side. Bend your left leg at the knee, grasping your ankle with your left hand. Carefully pully on your ankle with your hand, thereby tensing the muscles in your left thigh. Your spine should not be bent to any great extent. Hold this position for 30 seconds. Then lie on your left side and repeat the exercise.

		Exercise 7 Stand arms’ length from a table. Bend your upper body forward, slightly bending your legs at the knees, to the point where you can touch the edge of the table with both hands. Your arms should be stretched out and your head at the level of your shoulders. Hold this position for ten seconds. Then stand up straight and bend your body to each side, one after the other.

Once you’ve done all this, we promise you’ll fee great!

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