

## Exercise in Winter and Keep Healthy and Beautiful, Advises Expert



FOUR EXERCISES RECOMMENDED BY ARTHUR A. MCGOVERN, GYMNASIUM INSTRUCTOR, TO KEEP WOMEN FIT.

Courtesy Cosmopolitan Magazine.

Don't go around with a sniffly cold that makes people shun you. Don't be sneezing and coughing all over the place, making friends shy away from you and strangers give you dirty looks. And don't let it be necessary to call the boss and tell him you can't come down today because you're sick in bed with a cold.

Keep fit, and beautiful with exercise in winter as well as summer. Fat accumulates on the body when it is allowed to slump down after a season of swimming, hiking and golfing and tennis.

You need exercise most in winter, says Arthur A. McGovern, gymnasium instructor, and describes in the December issue of a national magazine a series which will keep you in good health in cold weather. They also will improve the figure and posture.

Exercise 1. Get down on all fours, legs out straight, with the weight balanced on the hands and toes. From this position turn over on your right side, bringing the left hand up on the left hip, and moving the left foot forward so that it is about twenty inches up from the right foot. From this position shift the weight to the left foot, and bring the left shoulder forward toward the floor, and then up straight to starting position. If the weight is properly distributed between the left foot and the right hand, the exercise is not difficult. Each time you return to starting position bring the head up so you are looking at the ceiling. Repeat ten times.

Exercise 2. Place a rug or a mattress on the floor to lie on. Swing the feet up overhead, trying to touch the floor with the toes. As your feet bring your hips upward, place the hands under the hips to act as a brace, the elbows resting against the floor. After you get into position and feel steady and well balanced, kick both legs up and down. As the knees return to the starting position, bring them as near the shoulders as possible. Repeat ten times, counting each time the legs return to the starting position.

Exercise 3. Stand upright, hands on hips, and run, but instead of bringing the legs forward, have the feet return to the same place each time. Raise the knees as high as you can and come down lightly on the toes. Repeat ten times, counting each time the left foot returns to the floor.

Exercise 4. Get down on all fours with the weight of the body largely on the hands, feet slightly

apart. Keeping the hands solidly against the floor, jump, bringing the right knee up under the chest

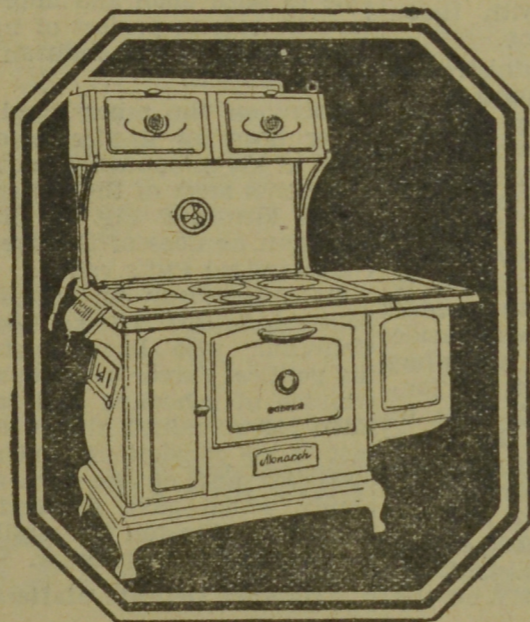
and the left leg outstretched backward. Jump again, bringing the left knee forward and the

right leg back. Alternate continuously ten times, counting each time the right knee is forward.

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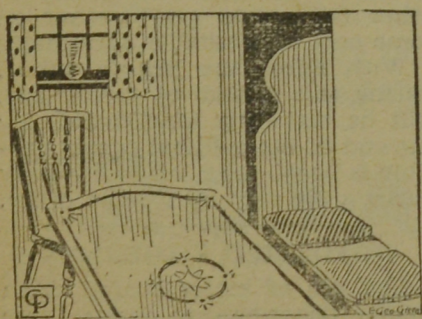
Kingston, N. B.,  
November 27, 1934.

Mr. Emerson,  
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Yours truly,  
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