

# THE BRAGG LONGER LIFE, HEALTH & HAPPINESS CLUB EXERCISES

Fort DeRussy Lawn, Waikiki Beach, Honolulu, Hawaii

6 days a week for over 40 consecutive years!

**Exercise for more Radiant Health, Energy, Peace and Joy in Your Life!**

These exercises are used at the free Bragg Exercise Class at the famous Fort DeRussy Lawn area of Waikiki Beach and also taught around the world at the Bragg Crusades. Classes are conducted by dedicated Bragg volunteer leaders six days a week, **Monday through Saturday, from 9 to 10:30 a.m.** This club was founded by Paul C. Bragg and his daughter Patricia over 40 years ago and is still active and going strong! We invite you to join us when you visit Honolulu. It's free – everyone is welcome!

**These exercises use all 640 muscles and were designed by Paul C. Bragg and his daughter Patricia.**







## WALKING and LIGHT JOGGING is HEALTHY HEART EXERCISE

Walk 100 yards, then jog 100 yards, etc., and keep alternating for first few days. Then increase the jogging to 200 yards, and soon you can jog a block/walk a block, without becoming breathless. Each jog gives your 70 trillion cells a massage. Before you know it, you're on your way to increased fitness. If you don't light jog, then fastwalk with deep breathing and swinging arms.

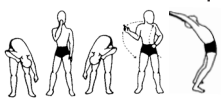
## BRAGG SUPER BREATHING EXERCISES FOR SUPER ENERGY

- A. Super Power Breath – 15, 20, & 30 Counts
- B. Super Kidney Breath – 15, 20, & 30 Counts
- C. Super Liver Breath – 15, 20, & 30 Counts
- D. Super Heart Breath – 15, 20, & 30 Counts

**Sequence:** (Always bend knees slightly when bending down)

1. From Standing position, arms outstretched overhead, bend at waist towards ground while exhaling through mouth with vigor 
2. Inhale deeply to full capacity while straightening up to original standing position. 
3. Hold breath and assume position:
  - (a) Bend forward, knees bent, drop head as low as possible. 
  - (b) Bend back slightly with hands on hips. 
  - (c) Bring feet together, clasp hands overhead, palms outstretched upward, and bend from side to side. 
  - (d) Close nostrils with thumb and forefinger, keeping mouth closed. Try to breathe out, feel pressure in the ears, drop the head below the knees for the prescribed number of counts, then exhale. 
4. End each sequence with 3 or 4 cleansing breaths (deep exhaling & inhaling through mouth, vigorously).

**Brisk Walking is the King of Exercise!**  
 Reap the great health benefits of walking. It has taken millions worldwide to increased health, fitness & longevity. It's never too late - start walking today!  
 – Patricia Bragg, N.D., Ph.D.  
 World Health Crusader



## STANDING EXERCISES – 10-20 COUNTS



**Breathe deeply in and out cleansing breaths between each set of exercises**

1. Rag Doll: Twist body at waist, look back both ways
2. Toe Touch: Pump down gradually, legs, knees relaxed
3. Knee to Chest: Alternately lift left knee to chest (toes point down), then lift right knee to chest
4. Arm Swings: Arms forward and whip arms back
5. Arm Swings: Arms swing across body, up on toes, then swing arms back, and feet back down
6. Arm Swings: Arms swing backward and whip
7. Elbow Swings: Arms extended to front, elbows pull into sides, back and forth, when extending arms – go up on toes
8. Shoulder Rolls: Roll shoulders to front, then shrug to ears, roll back, and reverse
9. Downward Stretches: Hands touch ground front and then sides, alternately, with knees relaxed
10. Hit Gong: Clasp hands over head, stretch up, bend forward, hitting gong between bent legs
11. Propeller and Discus: Bend arm forward, fling arms back, then pretend throwing discus forward
12. Hands on Hips: Bend forward, then to side, then lean back, then to other side, 10 pumps each way
13. Bragg Follies: Arms outstretched, right toe kick to left palm, then alternate
14. Rag Doll: Same as #1 except keep head & eyes front
15. Leg and Thigh Exercises:
 

When in class you hold hands and form circle.

  - A. Knee lift up to chest, extend left leg out and back to chest for 4 counts, left leg, then right leg
  - B. Leg lift, point toes to front: Leg straight for 4 counts alternately left, then right
  - C. Toe raise: Up on toes, then rock back on heels
  - D. Leg lifts to the rear: Right leg straight back, and then left leg, for 4 counts alternately

**Read The Bragg Super Power Breathing Book – it can help double your energy!**  
**To order call (800) 446-1990 wkdays 8-4 p.m. or order on-line and visit Patricia on web: [www.bragg.com](http://www.bragg.com)**



# THE BRAGG LONGER LIFE, HEALTH & HAPPINESS CLUB EXERCISES

## SITTING EXERCISES – 10-20 counts each

1. Ankle Circle Stretches: point toes, rotate ankles in circles
2. Leg Lifts: Lift leg up 10", point toes, then alternate
3. Touch Beyond Toes: Forehead toward knees
4. Leg Straddles: Wide apart and back to position
5. Alternate Toe Touches: Legs wide apart - hand to toes
6. Heel to Buttocks: Alternate left foot to buttocks, then right foot
7. Sit Erect: Head roll - Alternate direction - start roll left, then right
8. Bridge: Keep legs straight - lift pelvis up by pushing up with hands
9. Sit Erect: Chin to chest, then tilt head back, stretch jaw/chin up
10. Head Tilt: Sit erect - Tilt head side to side, not moving shoulders
11. Both Heels to Buttocks: Knees together, then roll hips side to side
12. Knees to Chest, then extend both feet out front - then left and then right
13. Eye Exercises: Sit erect, keep head straight forward - follow thumb with eyes making wide circles; bring thumb out & in to nose - great exercise for eyes

***“Simplicity – Simplicity – Simplicity!  
Let your affairs be as two or three  
and not as a hundred or more.”***

– Henry David Thoreau

***To maintain good health,  
normal weight and increase  
the good life of radiant health,  
joy and happiness, the body  
must be exercised properly  
(stretching, walking, jogging,  
running, biking, swimming,  
deep breathing, good posture,  
etc.) and nourished wisely with  
healthy foods.*** – Paul C. Bragg

## LYING DOWN EXERCISES – 10-20 counts each

1. Vertical Leg Raises: Raise legs, then hold legs out, heels just off ground
2. Lift Head Just Off Ground: Bring chin to chest and back to ground
3. Head Just Off Ground: Move head from side to side
4. Horizontal Leg Scissors: Hold heels just off ground, then criss-cross legs
5. Low Fan: Move legs side to side in low arc, rolling hips & legs together
6. Heels to Bottom: Raise legs alternately, keeping opposite heel on ground
7. Heels to Bottom II: Support on toes & shoulders, arch back up, hold 10
8. Raise Legs Vertically: Legs raised, cross to opposite side, alternate
9. Knees to Chest: Both knees to chest, then extend feet, alternate
10. Right Side: Leg raise, knee to chest, arm & leg swings
11. High Fan: Raise legs vertically, move side to side
12. Left Side: Leg raise, knee to chest alternate, arm & leg swings
13. Cycle: On back, feet a foot off the ground, now bicycle wide
14. On Stomach: Raise legs up, extend hands out front, clap 10 counts
15. Cobra: On stomach, push shoulders up, leave waist & legs on ground
16. Body Stretch: Right hand forward, stretch left leg back over, alternate
17. Hands & Feet: Move right hand down to left foot, then alternate hand and foot movements
18. On Knees & Hands, Dipsy Do: Lift butt up to inverted “V” body position, then gently drop belly down to ground, then back up to V

***“You are what you eat, drink,  
breathe, think, say and do.”***

– Patricia Bragg, N.D., Ph.D.  
Healthy Lifestyle Educator

***“The Doctor of the future will  
give no medicine but will interest  
his patients in the care of the  
human frame, in diet and in the  
cause & prevention of disease.”***

– Thomas A. Edison

***“The laws of health are truly  
inexorable; I see people going  
down & out in the prime of life  
simply because no attention  
is given to a healthy lifestyle.”***

– Paul C. Bragg, N.D., Ph.D.  
Pioneer Life Extension Specialist

## RETURN TO STANDING EXERCISES

1. Wide Stance: Bend knee out over toes, then alternate to other knee
2. Feet at 45 degree angle: Legs wide apart, rock from side to side
3. Squats: Bend knees, squat to whatever degree feels comfortable to you
4. Hand Stretched to the Sky: Say, “I did it again!!! I exercised again today for Super Health, Strength, Youthfulness and Vitality.”

***BRAGG Posture Exercise:  
Tighten butt, suck in gut, lift up  
chest, shoulders back, chin up  
slightly, then plumb-line nose  
to belly button. Now swing  
arms to normalize posture.***

With blessings of health, fitness, peace, joy and love,

*Patricia*



*Dear friend, I wish above all things  
that thou may prosper and be in  
health even as the soul prospers.*

– 3 John 2