

Practice with Purpose

Setting Up Exercises

Setting-Up Exercises—*Girl Scout Handbook, 1930*

Our bodies are like machines that need frequent oiling and testing to see that all parts are working right. Or they are like instruments that must be tuned before they are played.

If this is not done, the machinery gets rusty and clogged, or the instrument gets out of tune and makes horrid noises.

That is the way it is with our bodies; our muscles and joints should be bent and stretched every day to take the kinks out and keep them strong and flexible.

The best way is to tune up every morning, for just a few minutes before you put on your clothes, and then again at night, to rest the tired parts and exercise the parts that have not been used so you can even things up.

General Rules

Stretch to the very tips of your middle fingers— stretching makes your muscles flexible.

1. Breathe in as arms rise and out as they fall.
2. Stand tall.
3. Sit tall.

Imagine that a string or a straight line is running from the top of your head down to between your ankles.

4. Keep limber, don't let your knees grow stiff.
5. Sit cross-legged on the floor. Sit on your heels.
6. Rise without help from your hands.