

**10 MINUTE IMMUNITY-BOOSTER EXERCISES
USING YOUR FINGERS**



**SIMPLE YET EFFECTIVE
FINGER EXERCISES TO KEEP
YOU SAFE**

10 minute IMMUNITY-BOOSTER exercises

- ❖ Our immune system defends us against disease-causing micro-organisms
- ❖ If we increase our immunity, our body can fight diseases better
- ❖ This set of exercises can help to boost immunity
- ❖ Practicing at least 4 times daily will be good
- ❖ Do the 16 steps sequence at least twice in the morning and twice in the evening
- ❖ Can be practiced anytime, anywhere and even if you are on any medication/ therapy

**immunity is the balanced state of multicellular organisms having adequate biological defenses to fight infection, disease*

Energize and stay safe

10 minute IMMUNITY-BOOSTER exercises

Our fingers are represented by:

S

• Small Finger

R

• Ring Finger

M

• Middle Finger

I

• Index Finger

T

• Thumb

- ❖ Wash your hands with a mild soap and water
- ❖ Sit in a well ventilated place
- ❖ Start this effective exercise regimen

Energize and stay safe

10 minute IMMUNITY-BOOSTER exercises

Step 1

- Join fingertips of both hands as if you are holding a ball for 10 sec

Step 2

- Remove the right hand from the ball and start the exercises

Step 3

- Keep left hand stationary and join the right-hand fingers to it as per the sequence given below

Step 4

- Do this sequence at least 2 times in the morning and 2 times before going to bed

Energize and stay safe

10 minute IMMUNITY-BOOSTER exercises

Do each of the below mentioned steps for a minimum of 10 sec

| Step | Left Hand | Right Hand | |
|------|-----------|------------|------------------------|
| 1 | R | S | RING & SMALL FINGERS |
| | S | R | |
| 2 | S | S | SMALL FINGER |
| 3 | I | I | THUMB & INDEX FINGERS |
| | T | T | |
| 4 | I | I | INDEX & RING FINGERS |
| | R | R | |
| 5 | S | S | THUMB & SMALL FINGERS |
| | T | T | |
| 6 | M | M | THUMB & MIDDLE FINGERS |
| | T | T | |
| 7 | I | T | THUMB & INDEX FINGERS |
| | T | I | |
| 8 | M | M | MIDDLE FINGER |
| 9 | M | M | MIDDLE FINGER |
| 10 | I | T | THUMB & INDEX FINGERS |
| | T | I | |
| 11 | M | M | THUMB & MIDDLE FINGERS |
| | T | T | |
| 12 | S | S | THUMB & SMALL FINGERS |
| | T | T | |
| 13 | I | I | INDEX & RING FINGERS |
| | R | R | |
| 14 | I | I | THUMB & INDEX FINGERS |
| | T | T | |
| 15 | S | S | SMALL FINGER |
| 16 | R | S | RING & SMALL FINGERS |
| | S | R | |

For more clarity watch the video:

<https://www.youtube.com/watch?v=ajhc7xB461I>



Keep doing this Immunity booster exercises
and stay safe

Watch the video:
<https://www.youtube.com/watch?v=ajhc7xB461I>

www.ihhp.net

Email: iihhcweb@gmail.com

Disclaimer:

*This exercise regimen should never be used as a substitute for
direct medical advice from your doctor or other qualified
clinician.*

Energize and stay safe