

ENERGIZER 1

THE ARCHER

Get a jump on state of the art with this invigorating stretch. The Archer melts away upper-body strain, particularly in the arms and shoulders. It will also help to reprogram your posture and perk up poor circulation.



1. From Neutral Position, raise your arms in front of you to shoulder height, with palms facing each other. Keep shoulders relaxed and elbows slightly bent.
2. Gently clench your fists.



3. Take a deep breath as you tense your right arm and slowly bring it back, elbow bent, as far as you comfortably can. Hold this position while counting slowly to 3. Keep your elbow close to your body, your shoulder relaxed. Imagine an archer pulling a bow.
4. Slowly exhale as you return your right arm to starting position and relax it. See the arrow being released.
5. Repeat the movement with your left arm. Remember to breathe properly: in-hale when bringing your arm back; hold; exhale when releasing.
6. Alternate the Archer movement with each arm for a total of 10 repetitions.



Stare into that computer screen all day and you start to feel/ike a robot...and just as stiff After a few hours of processing, my shoulders feel/ike they're going to fall off and I get shooting pains in my arms. My hands are always cold. I guess that's from poor circulation. I'm making good money but I'm afraid it's all going to end up at the chiropractor's.

–Ilona Tobin, word processor, law firm

ABOUT THE AUTHOR



Robert Gedaliah is President of “**Speaking for Results**”[®]. He started the company in 1984. “**Speaking for Results**”[®] teaches executives to present their ideas clearly and concisely.

Robert is a keynote speaker, consultant and workshop leader. Some clients include: Verizon Wireless, American Express, Bank of America, Stryker Orthopedic, Lipton, Thomson Reuters, The Marriott Marquis and the Harlem Children’s Zone.

Robert’s book, *PEP: The Productivity Effectiveness Program*, originally published by Holt Rhinehart & Winston, took him on a national TV and radio tour. His articles have appeared in numerous publications, including American Banker, Professional Speaker, Readers Digest, Runners World, Changing Times and PC World.

He was a high school English teacher for twelve years. He counseled executives in outplacement for Drake Beam Morin, Inc. and Right Associates; coached clergy in sermon delivery for the Presbyterian Church and Hebrew Union College; and is on the adjunct faculty of both the American Management Association and Cornell University.

Mr. Gedaliah has a B.A. in English from LIU and an M.A. in Speech Communications from Brooklyn College. He’s completed nine marathons and has studied Tai Chi and Goju Ryu karate.

Robert is an active member of the National Speakers Association and Toastmasters International. He’s proud to have been the 1995 closing General Session speaker for Toastmaster’s 63rd International Conference, with an audience of over 1,700 people from 52 countries.

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