

1. Stand with legs shoulder width apart slightly bent at the knees. Remember to breath in & out evenly. You can do this seated.
2. Position your arm up in the air with palms down and let it fall like a pendulum like in the picture. Notice how your body sways from the weight of the arms swinging.
3. If you can, on every fifth swing, add a “bounce” in your knees by bending your knees as you swing your arms down, then bending your knees again while going back up to your starting stance with your back arms up .
4. Do this for 5 to 10 minutes total per day (ok to do 2.5 or 5 mins twice a day) as tolerated. If you can only do this a few times a week, that okay.

# The Arm Swing Exercise



[mskcc.org](http://mskcc.org)



<http://www.energygatesqigong.us>

-Start with a 2.5 minute goal and increase as tolerated. You may swing longer if it doesn't bother you. After doing this exercise regularly for several weeks, you may notice benefits such better health, less pain, better energy, etc.

-Share how this worked for you in this survey:  
<https://www.surveymonkey.com/r/X8NRQBD>



<https://www.gyalwagyatso.org>