

# Do Mankšta With Your Neighbor



By **Dr. Kul**

*Mama,*

*Džiaugiuosi,  
kad kartu  
švęsime tavo  
75tą gimtadienį!*

*Linkiu tau gyventi  
ilgai, sveikai ir linksmai!*

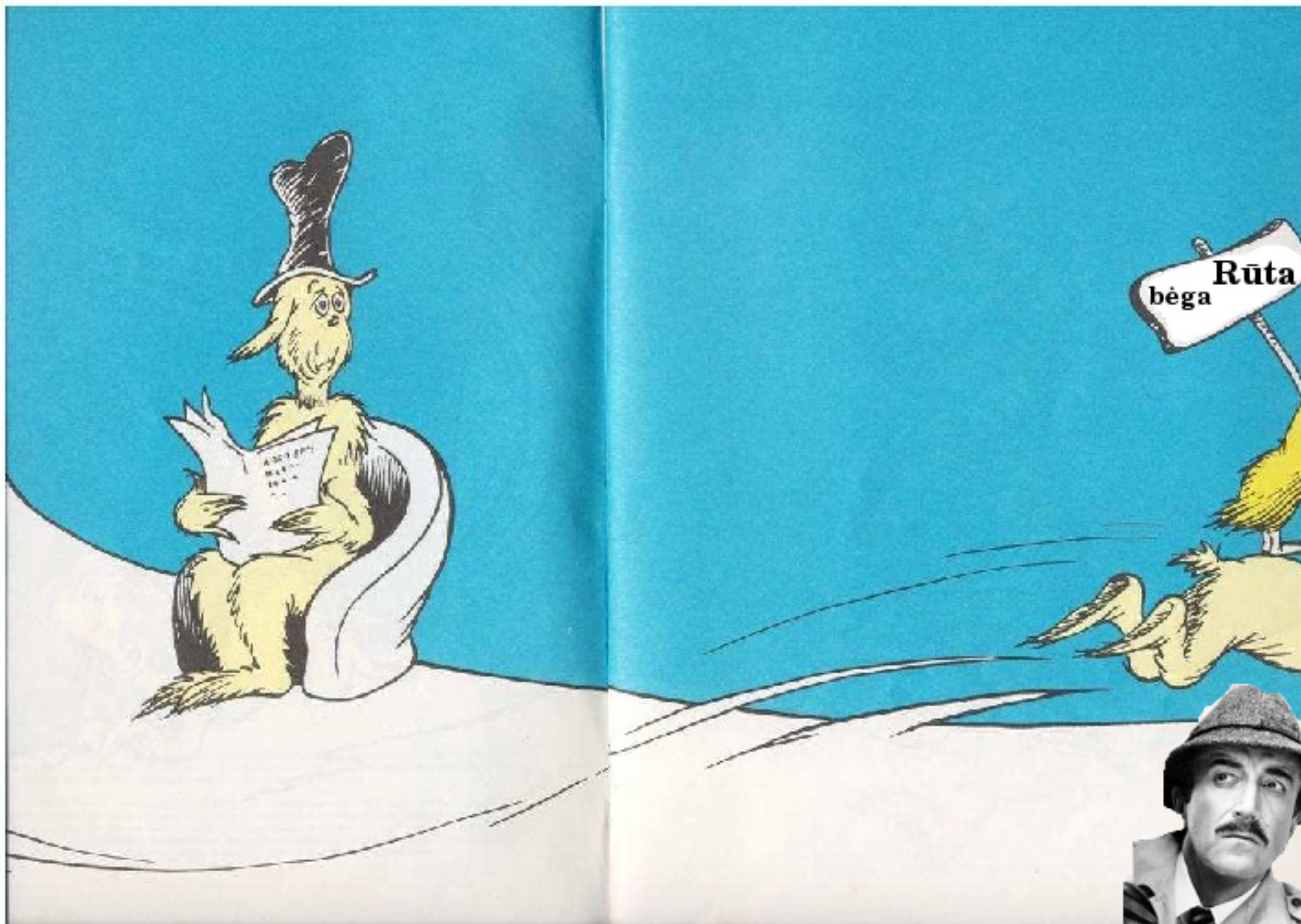
*Myliu tave!*

*Andrius  
2015.10.10*

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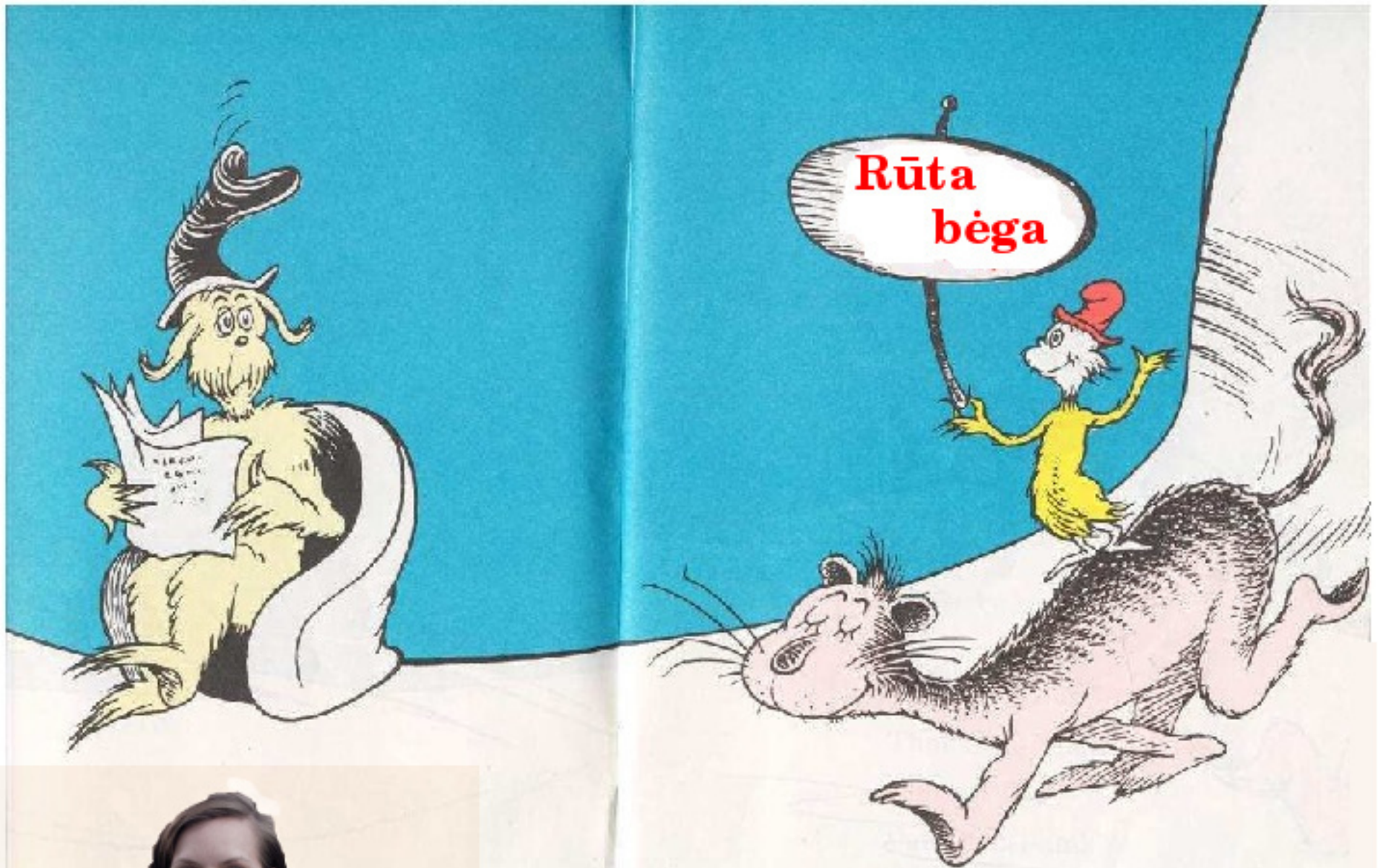


To strengthen  
upper calves

Sitting in a chair, keep your toes and the balls of your  
feet on the floor and lift your heels. Repeat 20 times







### To strengthen postural muscles and stretch the chest

Sit up straight in your seat, rest your hands in your lap, and squeeze your shoulder blades toward one another. Focus on keeping your shoulders down, not hunched up toward your ears, and hold for three seconds. Release and repeat eight to 12 times.





Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart. Hold your arms up and out in front at shoulder height, palms facing outward (backs of your hands pressed together). Relax your shoulders so they are not scrunched up near your ears. Reach your fingertips out until you feel a stretch – your back will move away from the back of the chair. Stop and hold for 10 to 30 seconds. Repeat three to five times.



**That Rūta Bèga!  
That Rūta Bèga!  
I do not like  
That Rūta Bèga!**



Stretch: To relieve tension in the shoulders and upper back

Seated in a chair, with your arms resting but not pressing on the armrests, contract your right quadriceps muscles and lift your leg. Your knee and the back of your thigh should be two or three inches off the seat. Pause for three seconds and slowly lower your leg. Complete eight to 12 repetitions and then repeat with the opposite leg.

**Do you do mankšta  
with your neighbor?**



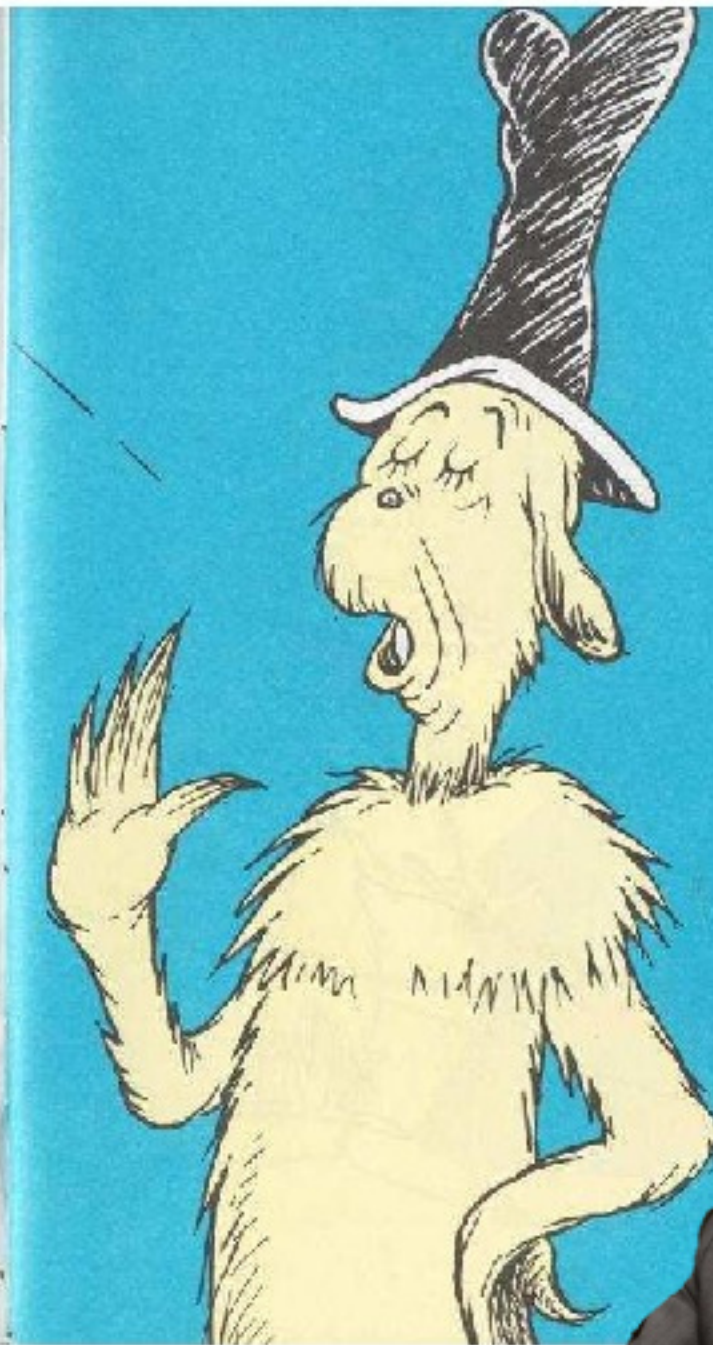
**To strengthen thighs**





**I don't do mankšta,  
Rūta Bēga.  
I don't do mankšta  
With my neighbor.**

Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder. Place your left hand on your right elbow and gently pull your right arm across your chest. Hold for 20 to 30 seconds. Repeat with the opposite arm.

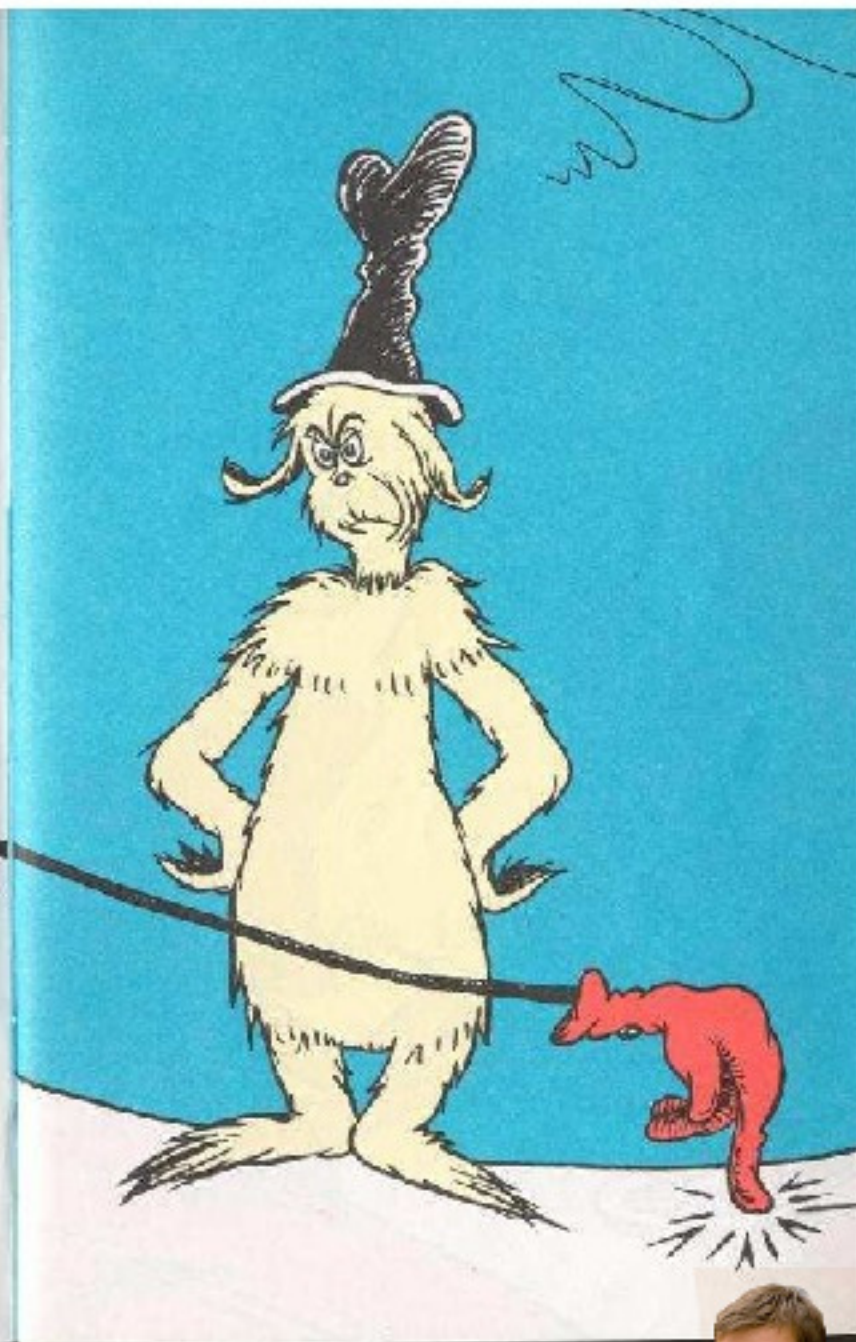
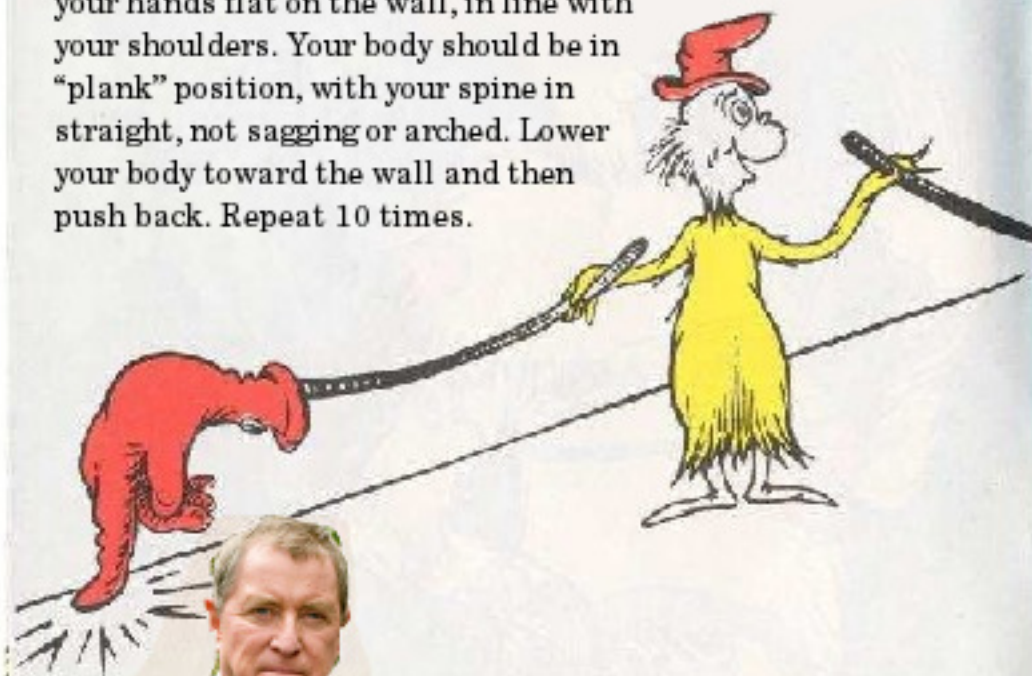


To stretch the shoulders and back



## Would you do mankšta here or there?

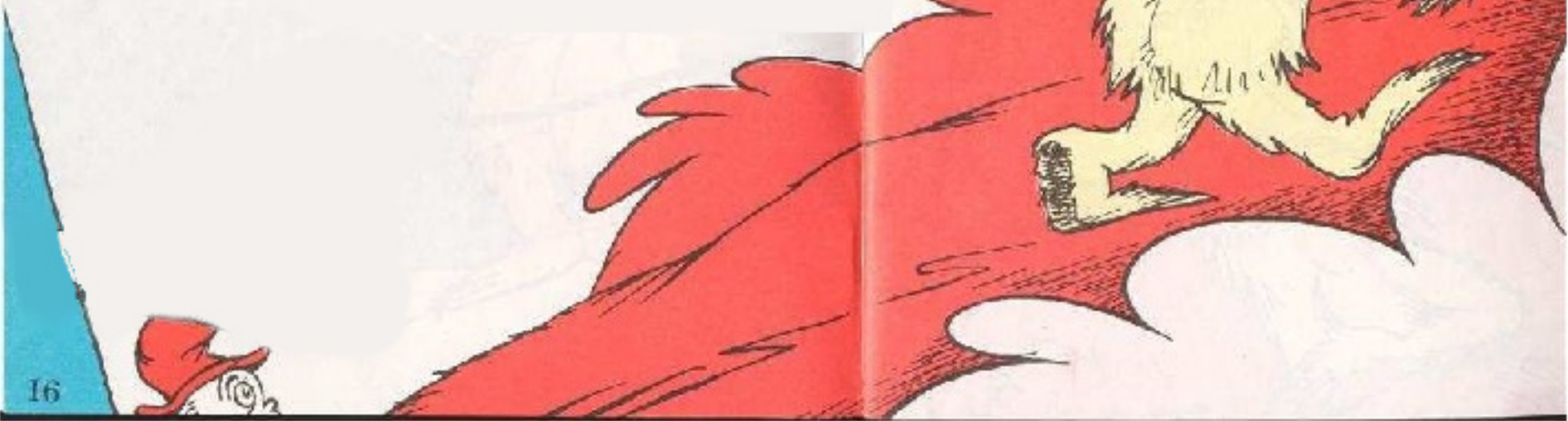
Stand about three feet away from a wall, facing the wall, with feet shoulder-width apart. Lean forward and place your hands flat on the wall, in line with your shoulders. Your body should be in "plank" position, with your spine in straight, not sagging or arched. Lower your body toward the wall and then push back. Repeat 10 times.

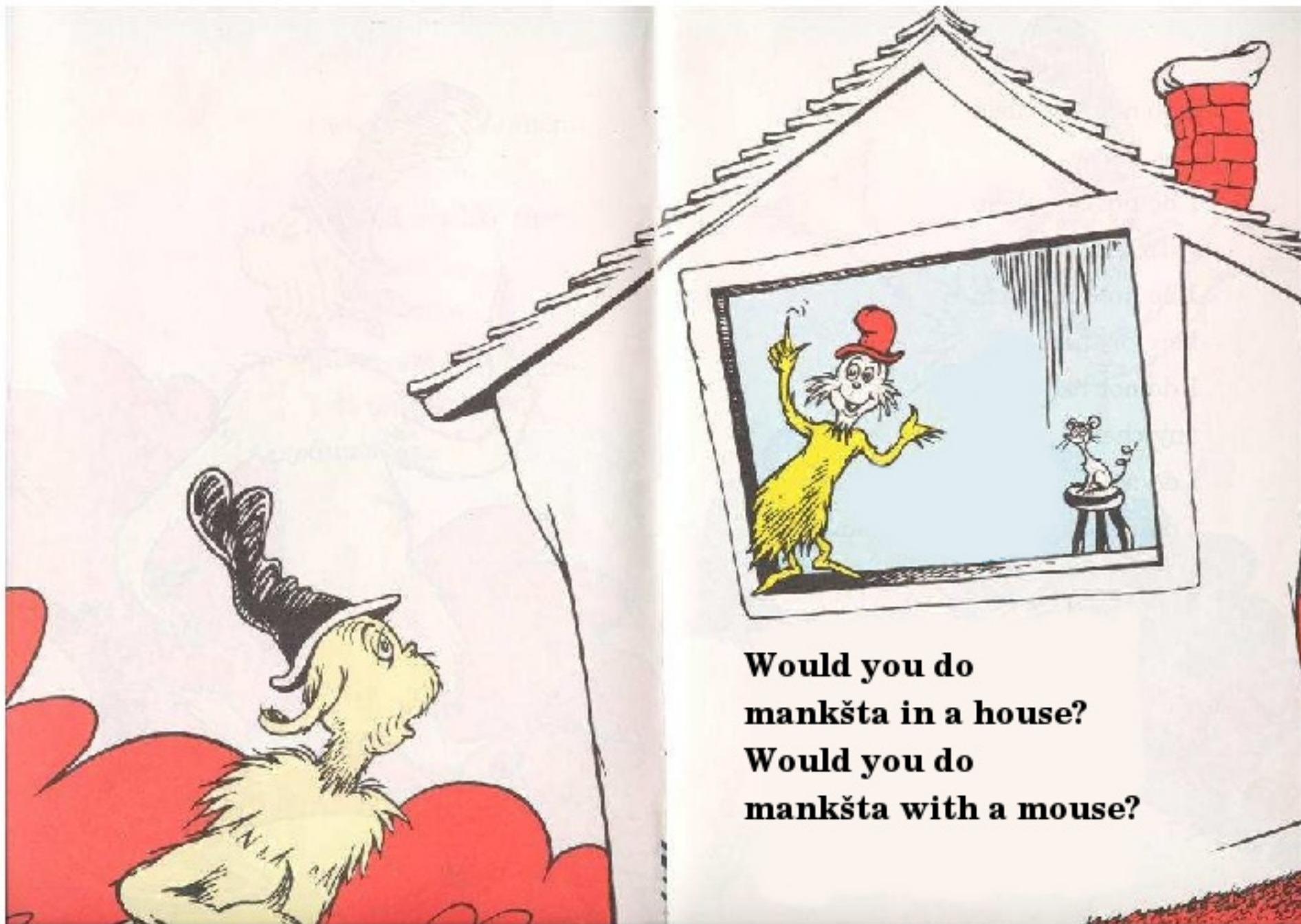


To increase strength in chest and shoulders



**I won't do mankšta  
here or there.  
I won't do mankšta  
anywhere.  
I don't do mankšta  
with my neighbor.  
I don't do mankšta,  
Rūta Bēga.**





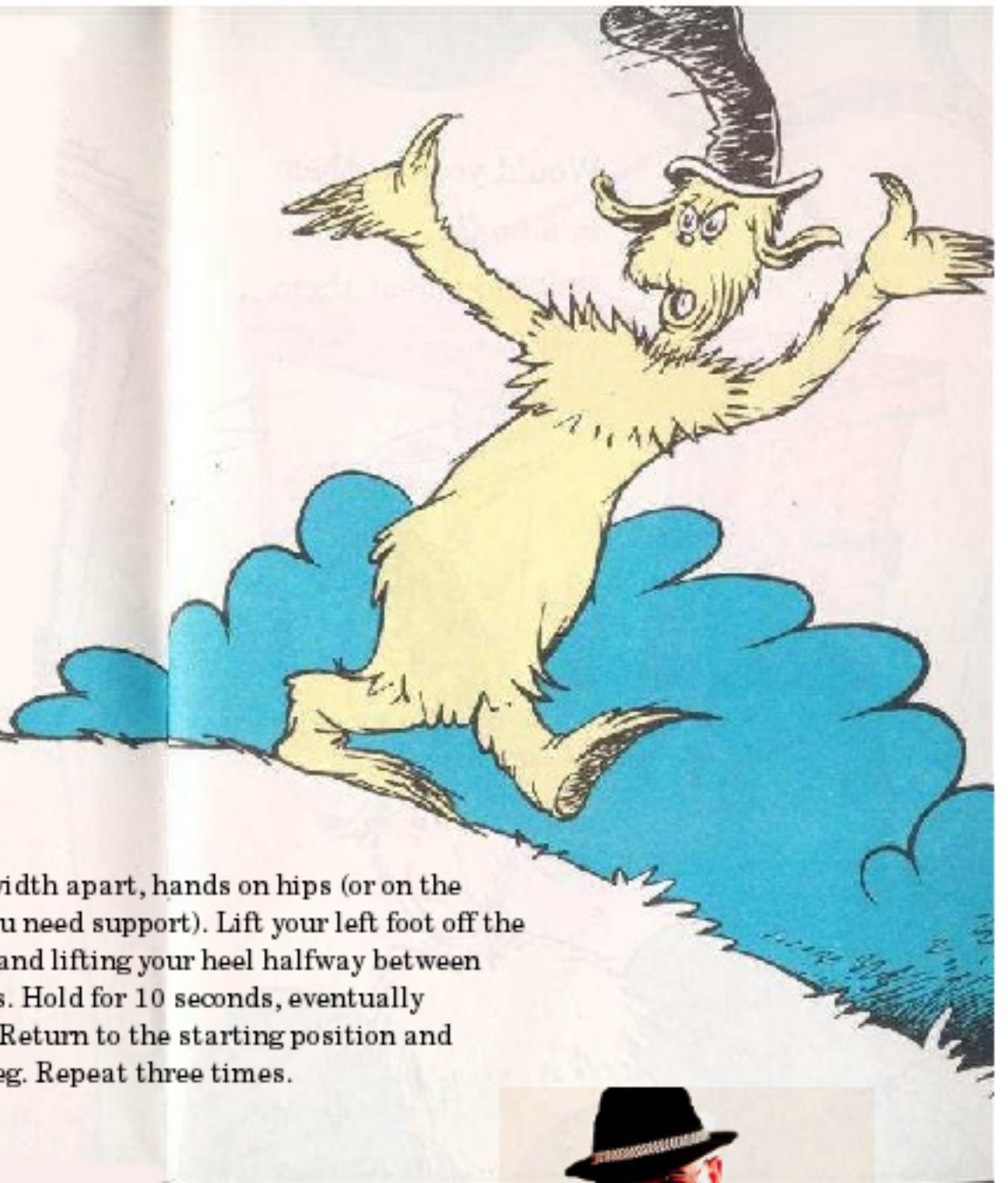
**Would you do  
mankšta in a house?  
Would you do  
mankšta with a mouse?**



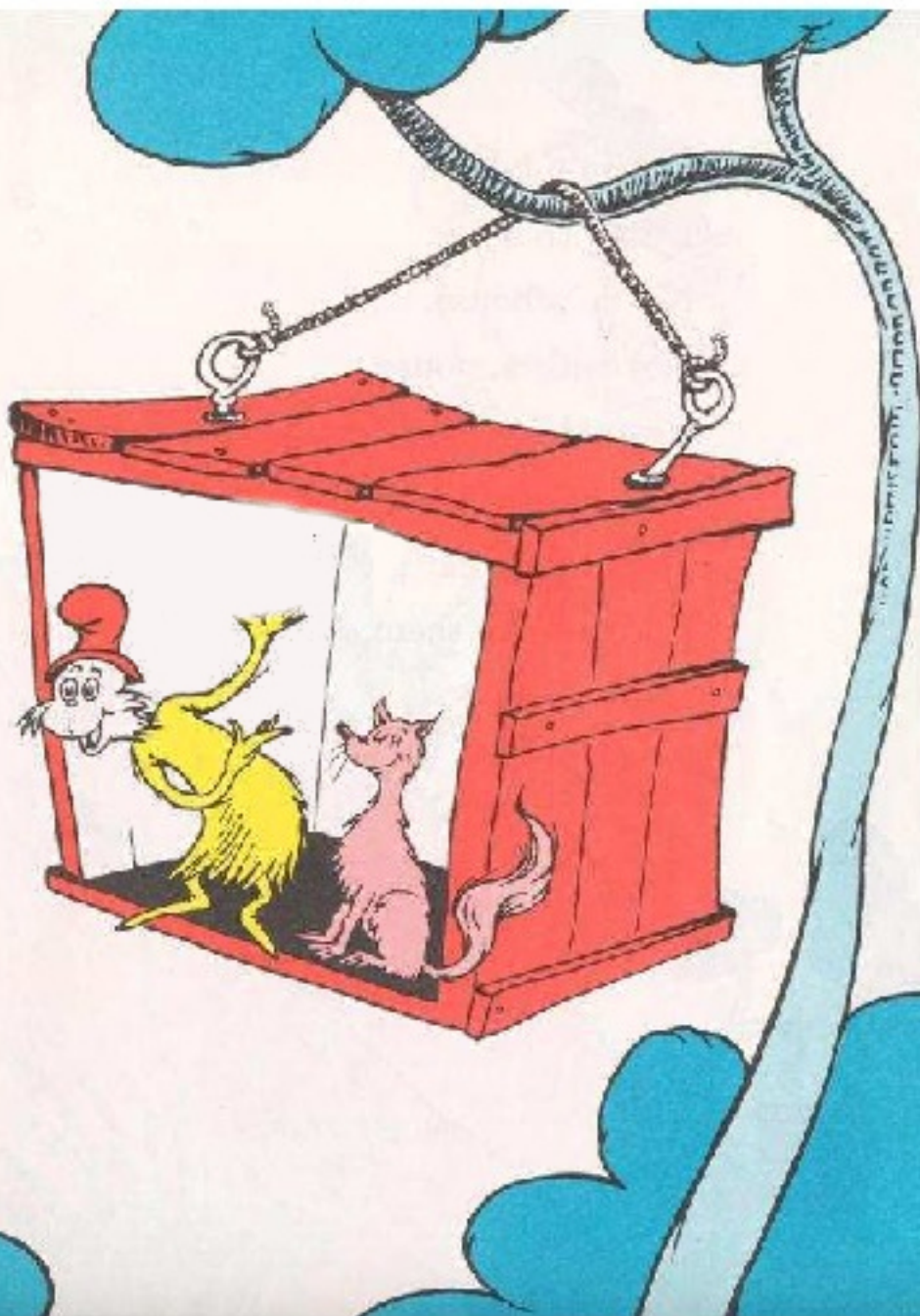
I won't do mankšta  
in a house  
I won't do mankšta  
with a mouse.  
I won't do mankšta  
here or there.  
I won't do mankšta  
anywhere.  
I won't do mankšta  
with my neighbor.  
I don't do mankšta,  
Rūta Bēga.

Stand with your feet hip-width apart, hands on hips (or on the back of a sturdy chair if you need support). Lift your left foot off the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks. Hold for 10 seconds, eventually working up to 30 seconds. Return to the starting position and repeat with the opposite leg. Repeat three times.

## Single Leg Balance



Would you do mankšta  
in a box?  
Would you do mankšta  
with a fox?



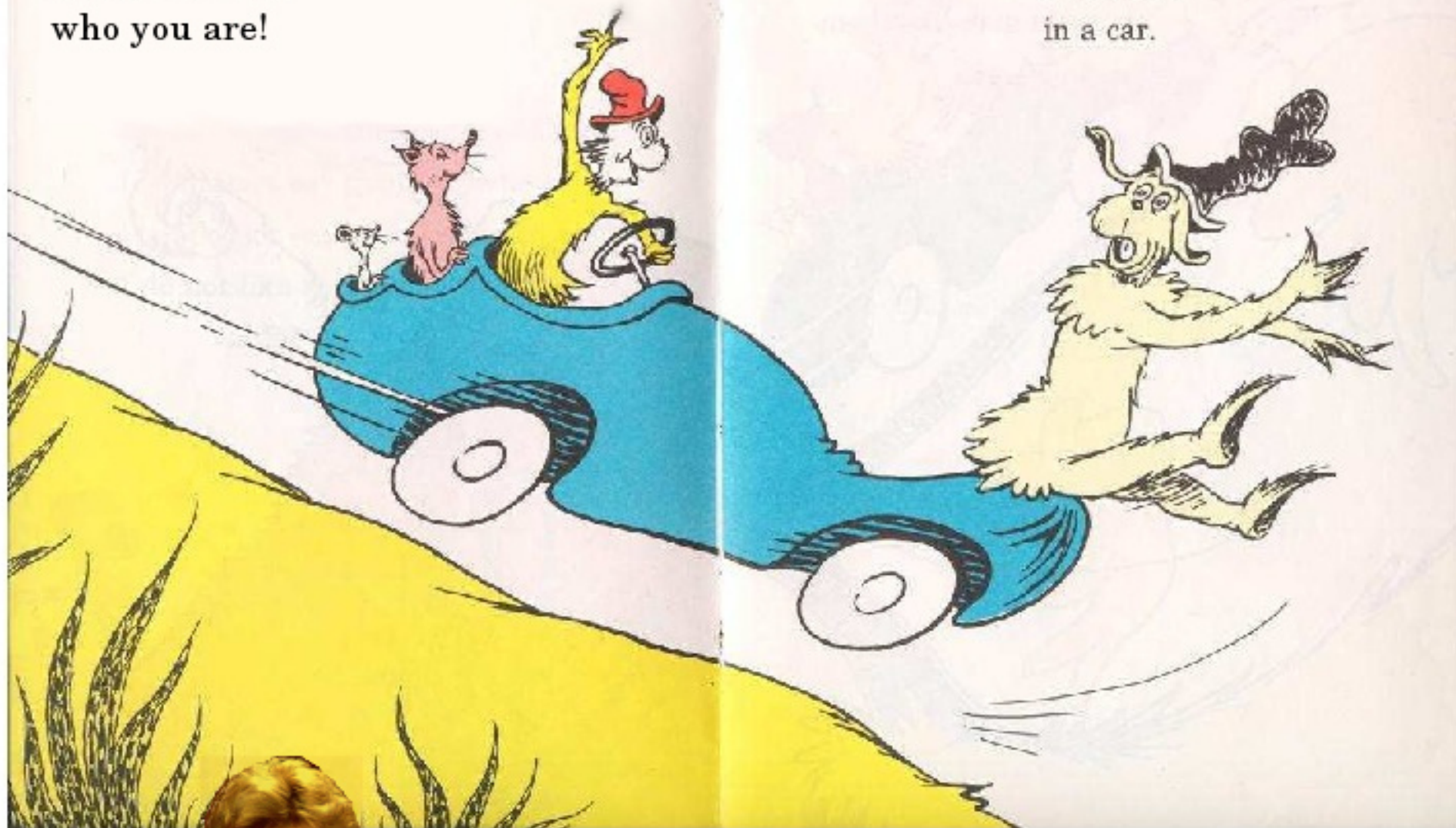
There are dozens of exercises you can do to build strength without having to set foot in a gym.



Not in a box.  
Not with a fox.  
Not in a house.  
Not with a mouse.  
I won't do mankšta here or there.  
I won't do mankšta anywhere.  
I won't do mankšta with my neighbor.  
I don't do mankšta, Rūta Bēga.



Would you? Could you?  
In a car?  
Mankšta is for  
who you are!



I would not,  
could not,  
in a car.

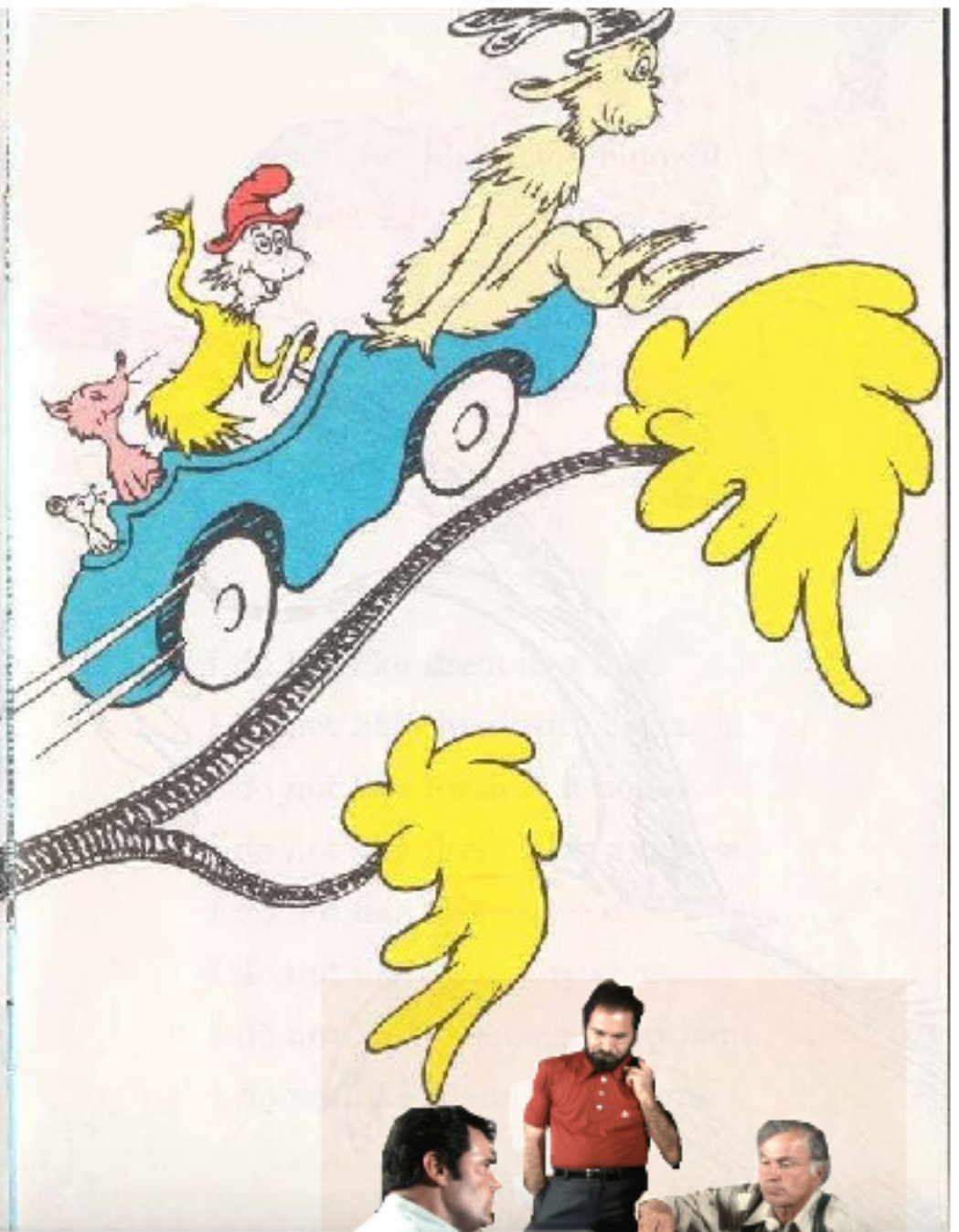
To strengthen calves

Seated in a chair, lift your right foot off the floor and slowly rotate your foot five times to the right and then five times to the left. Repeat with the left foot.



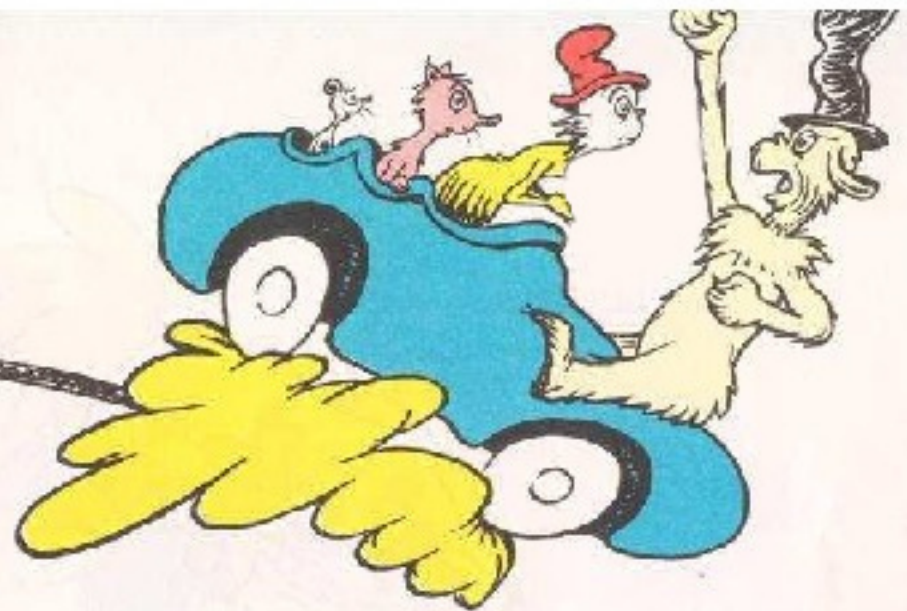
You may like mankšta.  
You will see.  
You may like mankšta  
in a tree!

Take a deep breath and tighten your  
abdominal muscles. Hold for three  
breaths and then release the contraction.  
Repeat 10 times.



To increase strength in abdominal muscles

I would not, could not in a tree.  
Not in a car! You let me be.

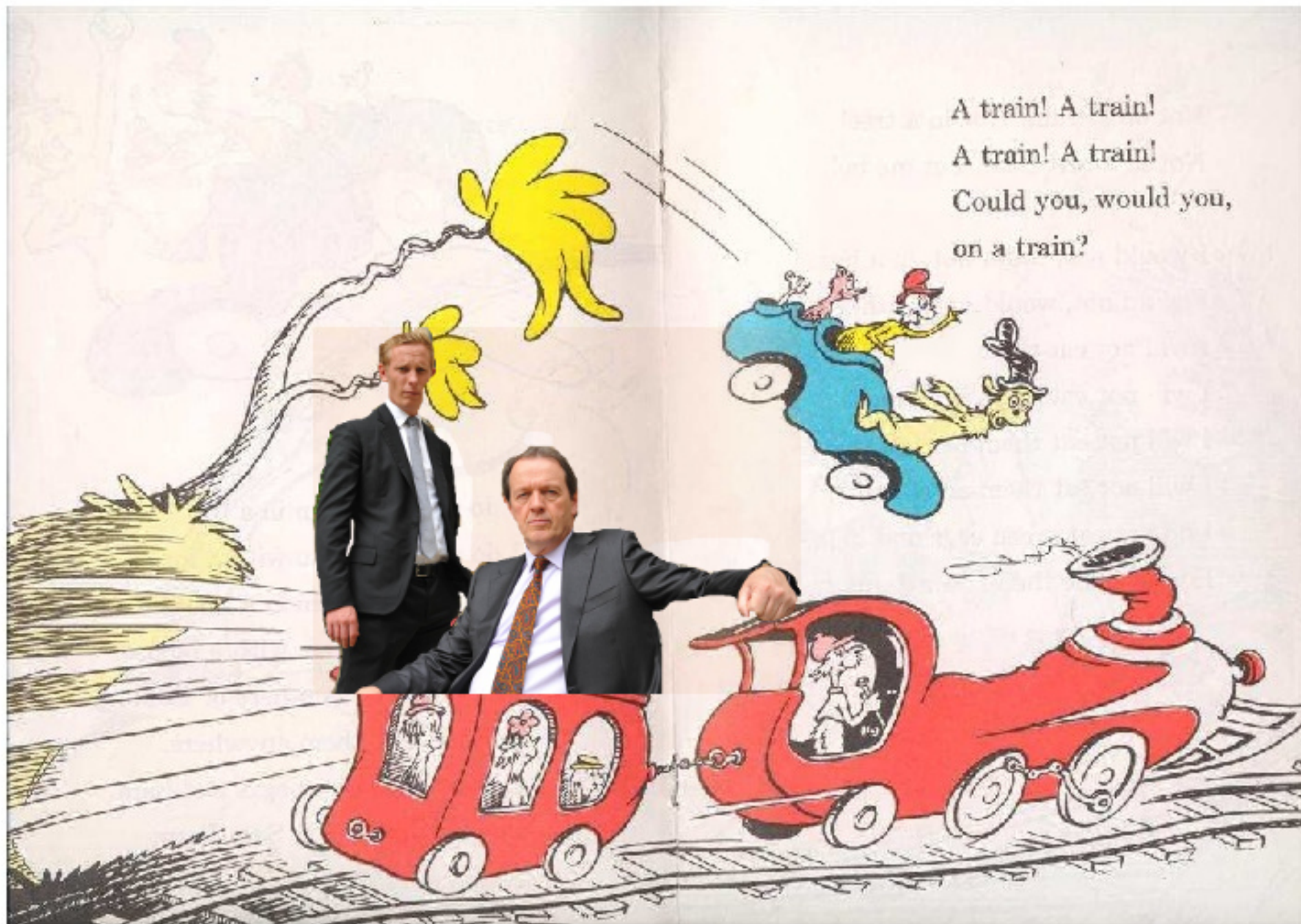


I won't do mankšta in a box.  
I won't do mankšta with a fox.  
I won't do mankšta in a house.  
I won't do mankšta with a mouse.  
I won't do mankšta here or there.  
I won't do mankšta anywhere.  
I won't do mankšta with my neighbor.  
I don't do mankšta, Rūta Bēga.

### Stretch it Out

Getting into the habit of stretching every day will improve your range of motion and make every activity — including reaching for a dish from a cupboard — more comfortable.





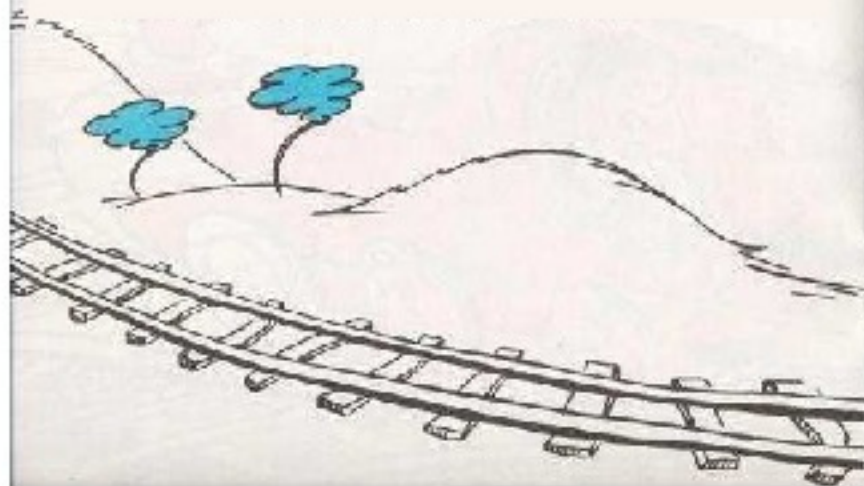
To strengthen and stretch muscles in the lower back

Take a deep breath, tighten your buttocks, and tilt your hips slightly forward. Hold for a three-count. Now tilt your hips back, and hold for three seconds. It's a very subtle movement. Repeat eight to 12 times.

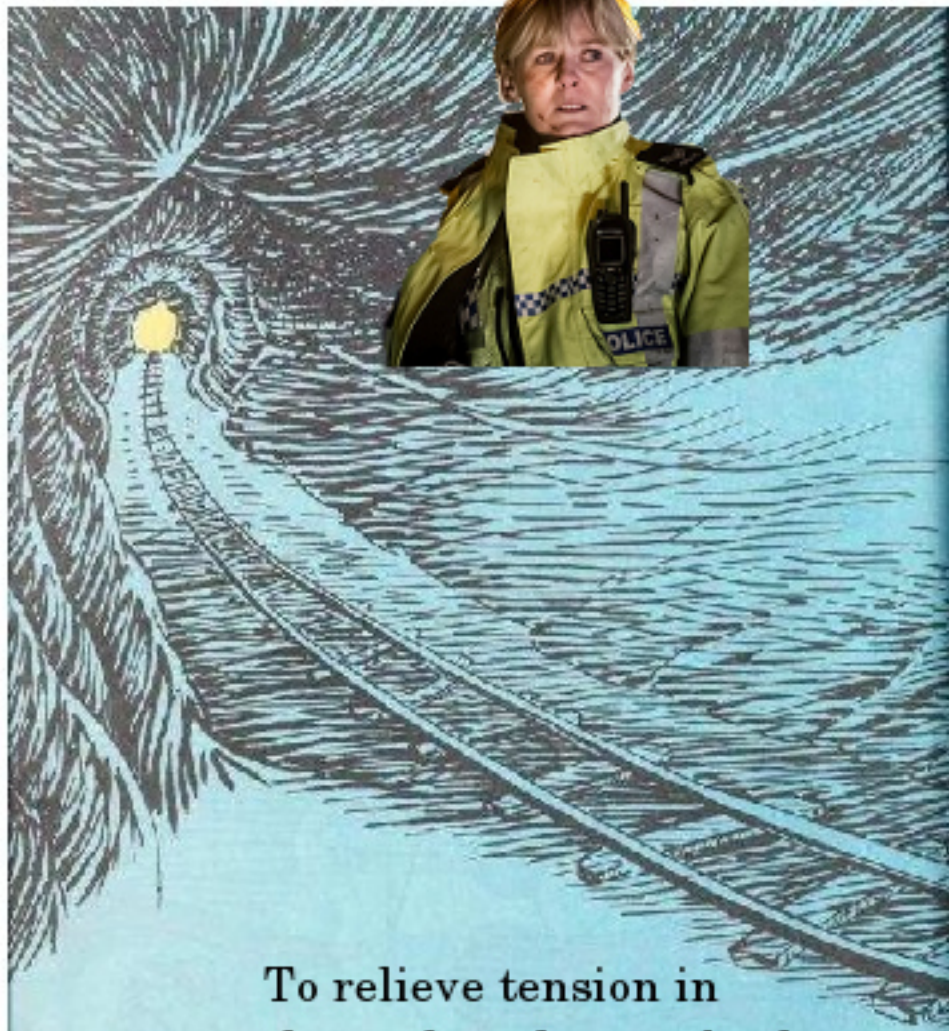


Not in a box! Not in a tree!  
Oh, Rūta Bēga, let me be!

I would not, could not, in a box.  
I could not, would not, with a fox.  
I won't do mankšta with a mouse.  
I won't do mankšta in a house.  
I won't do mankšta here or there.  
I won't do mankšta anywhere.  
I won't do mankšta with my neighbor.  
I don't do mankšta, Rūta Bēga.







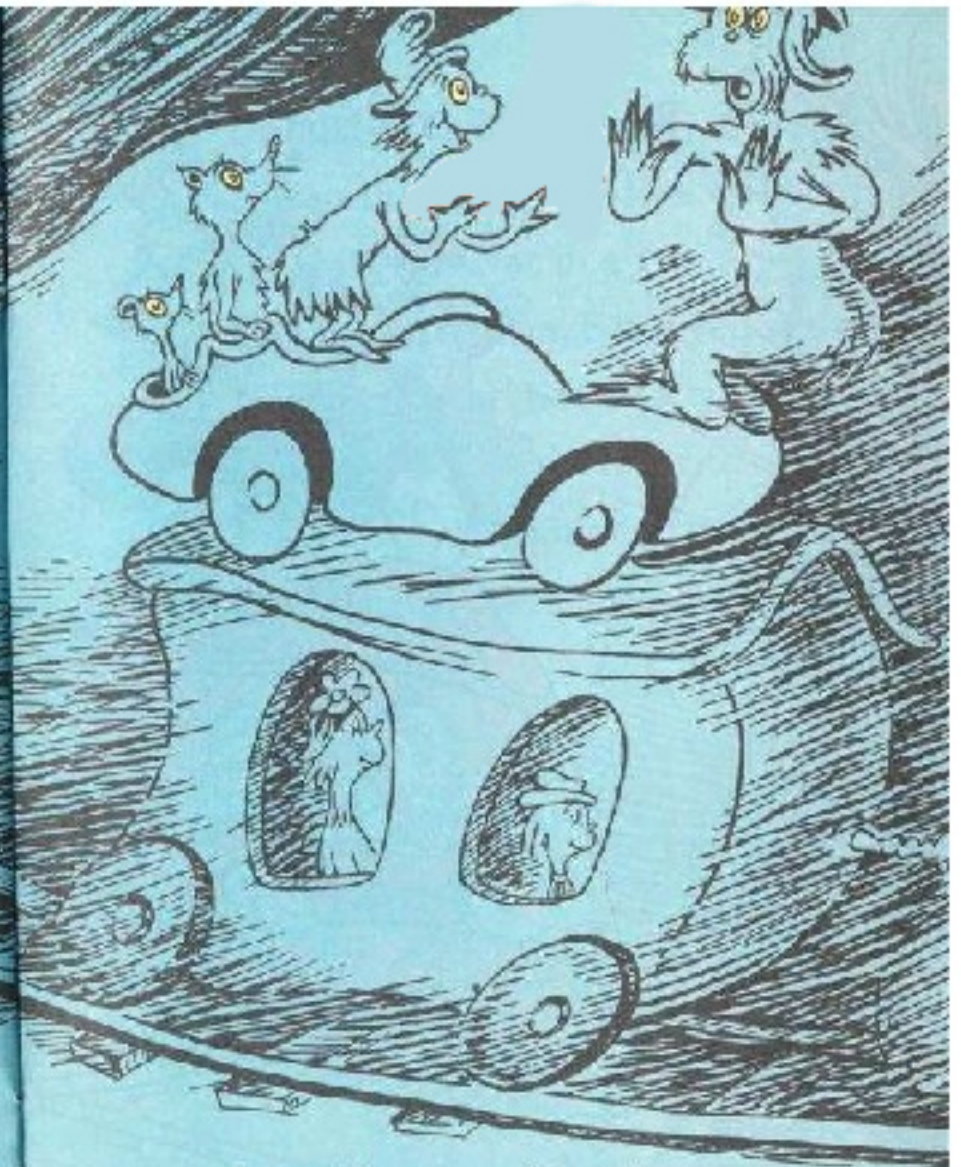
To relieve tension in  
the neck and upper back

Say!

In the dark?

Here in the dark!

Would you, could you, in the dark?



I would not, could not,  
in the dark.

Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds. Now turn to the left. Hold for 10 to 30 seconds. Repeat three to five times.



Would you, could you,  
in the rain?



I would not, could not, in the rain.  
Not in the dark. Not on a train.  
Not in a car. Not in a tree.  
I don't do mankšta as you see.  
Not in a house. Not in a box.  
Not with a mouse. Not with a fox.  
I won't do mankšta here or there.  
I don't do mankšta anywhere!



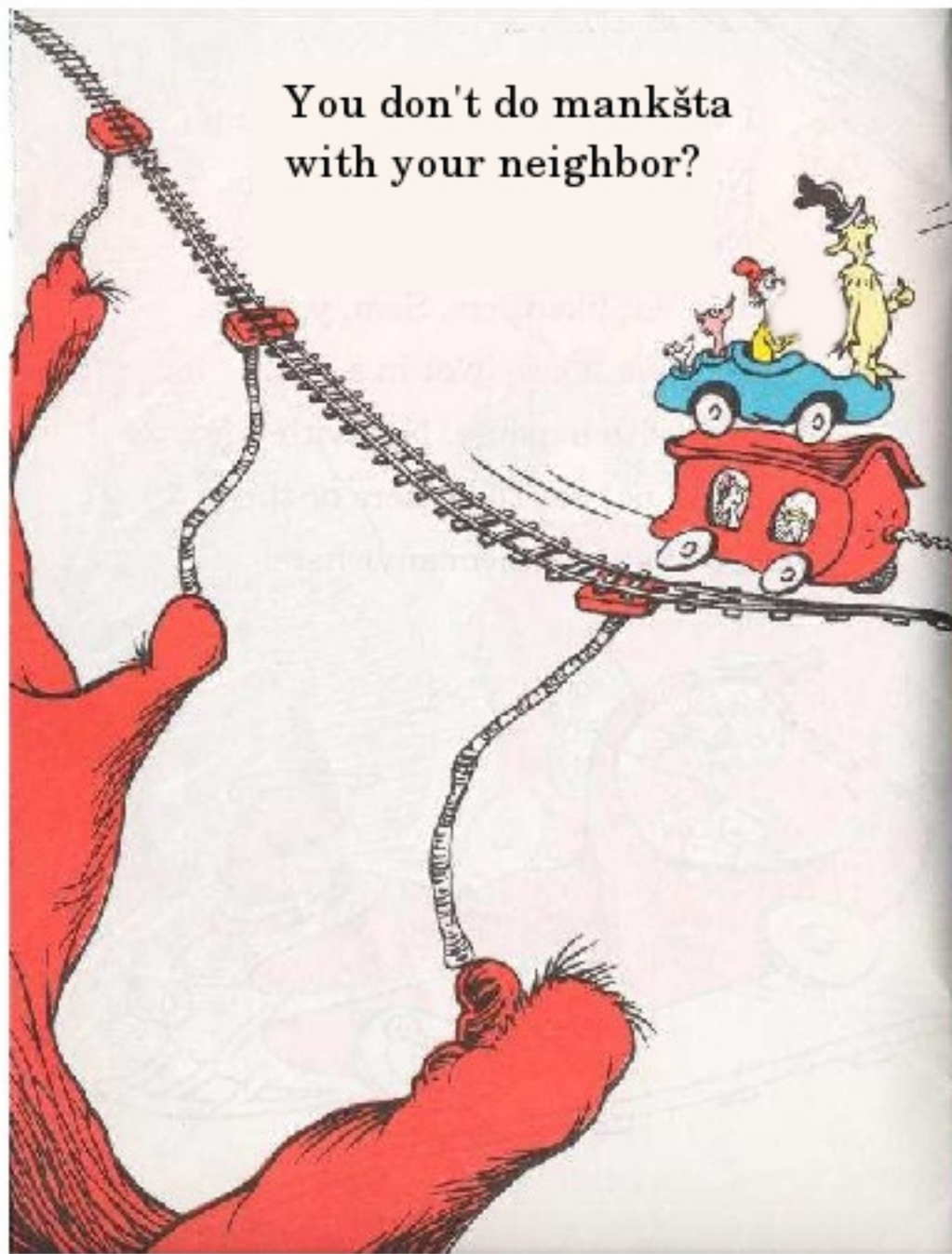
## Shifting Weight



Stand with your feet hip-width apart and your weight evenly distributed on both feet. Relax your hands at your sides (you can also do this exercise with a sturdy chair in front of you in case you need to grab it for balance). Shift your weight on to your right side, then lift your left foot a few inches off the floor. Hold for 10 seconds, eventually working up to 30 seconds. Return to the starting position and repeat with the opposite leg. Repeat three times.



You don't do mankšta  
with your neighbor?

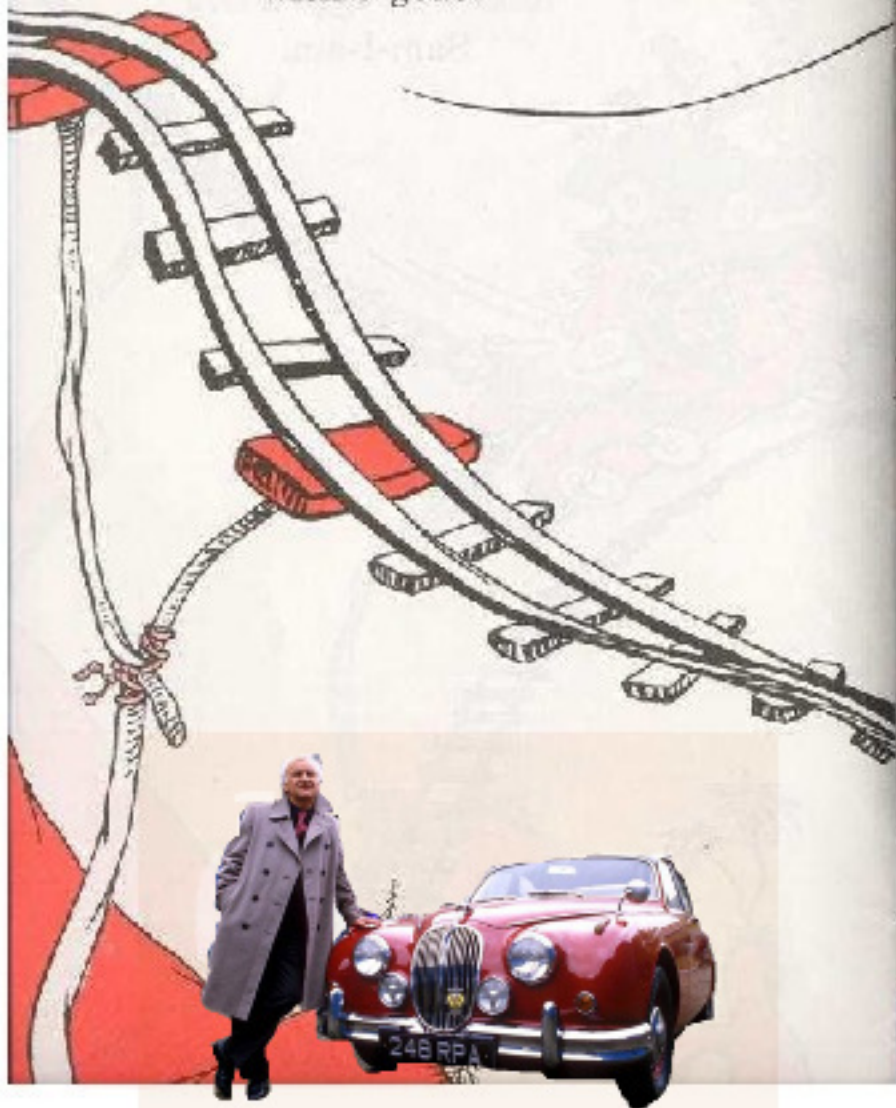


I don't do mankšta  
Rūta Bēga.





Could you, would you,  
with a goat?



To strengthen  
lower legs

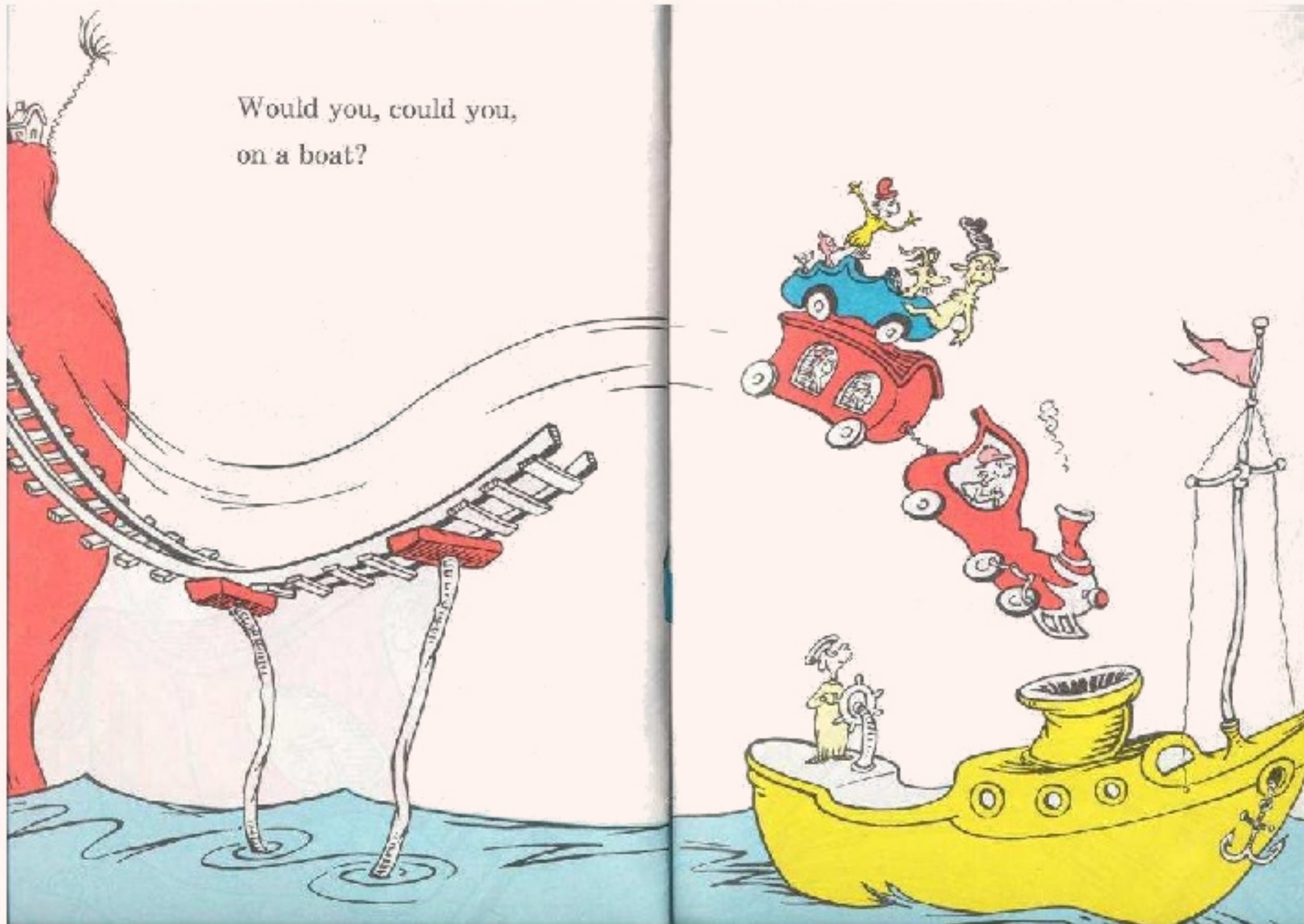
I would not,  
could not,  
with a goat!



Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. This helps keep blood circulating in your legs and also strengthens the lower leg. Repeat 20 times.



Would you, could you,  
on a boat?



I could not, would not, on a boat.  
I will not, will not, with a goat.  
I won't do mankšta in the rain.  
I won't do mankšta on a train.  
Not in the dark! Not in a tree!  
Not in a car! You let me be!  
I don't do mankšta in a box.  
I don't do mankšta with a fox.  
I won't do mankšta in a house.  
I don't do mankšta with a mouse.  
I don't do mankšta here or there.  
I don't do mankšta ANYWHERE!



## Balance Boosters

Since accidental falls are a significant source of injury for many seniors, including balance exercises in your exercise regimen is essential. Doing balance exercises, such as the ones described here, or an activity like tai chi or yoga, makes it easier to walk on uneven surfaces without losing balance.



I don't do mankšta  
with my neighbor!





I don't do mankšta,  
Rūta Bēga.





You don't like mankšta.  
So you say.  
Try it! Try it!  
And you may.  
Try it and you may, I say.





Rūta!  
If you let me be,  
I will try it.  
You will see.





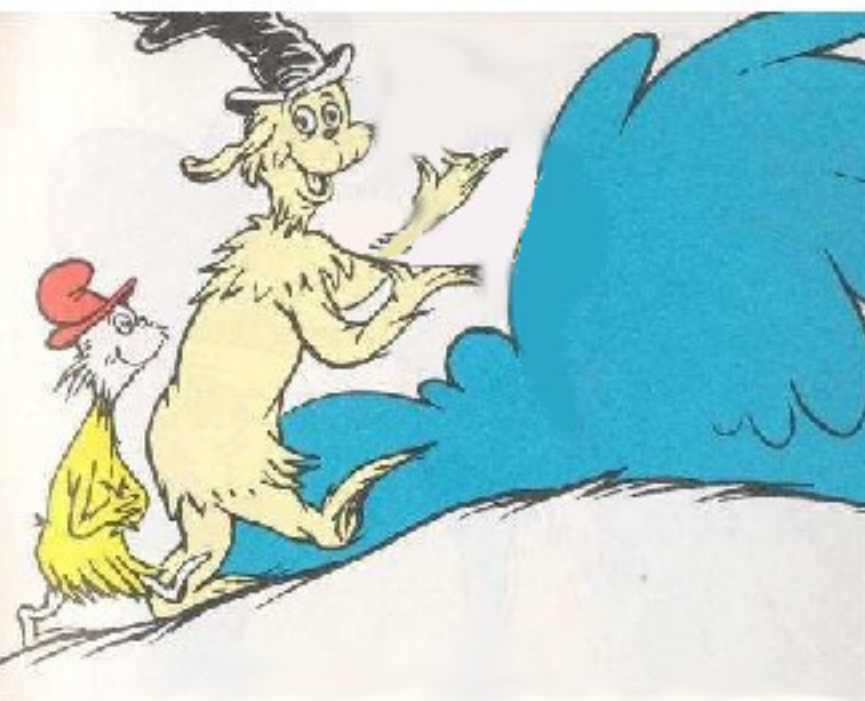




Say!  
I like mankšta with my neighbor!  
I do! I like it, Rūta Bēga!  
And I'd do mankšta in a boat.  
And I'd do mankšta with a goat...

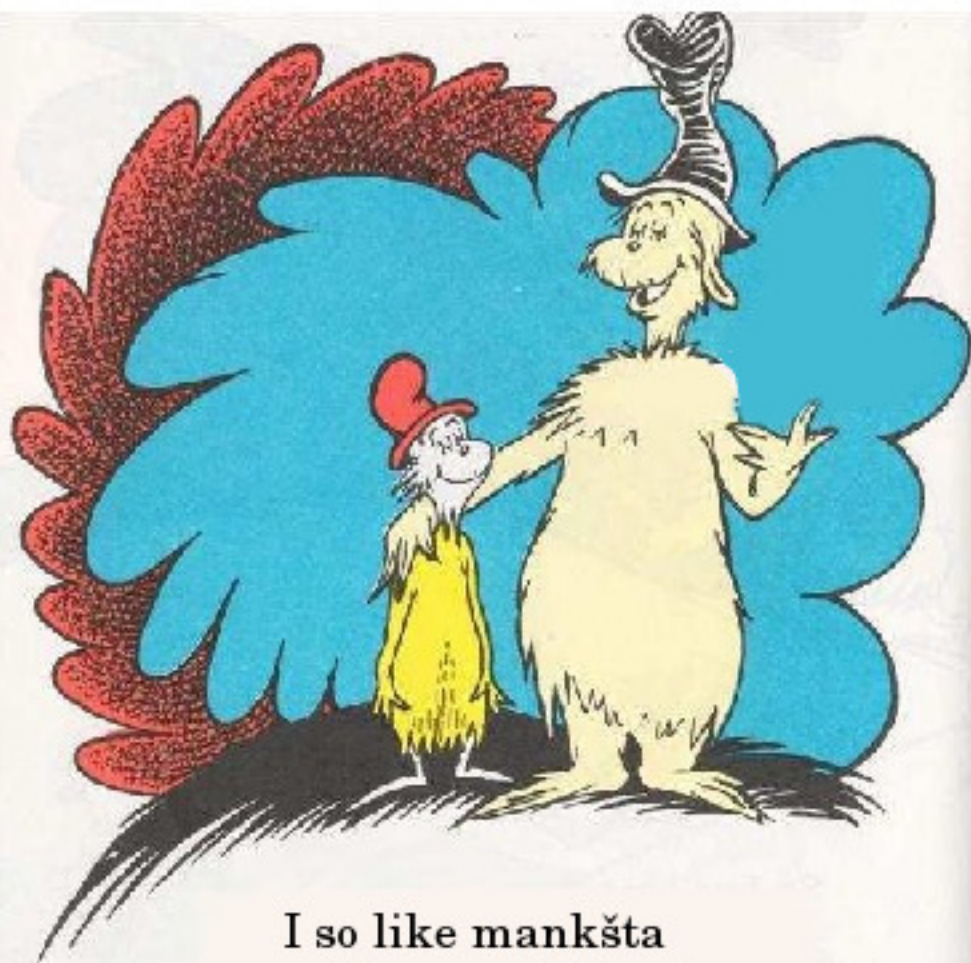


And I'll do mankšta in the rain.  
And in the dark. And on the train.  
And in a car. And in a tree.  
It is so good, so good you see!



So I'll do mankšta in a box.  
And I'll do mankšta with a fox.  
And I'll do mankšta in a house.  
And I'll do mankšta with a mouse.  
And I'll do mankšta here and there.  
Say! I'll do mankšta ANYWHERE!





I so like mankšta  
with my neighbor!  
Thank you!  
Thank you,  
Rūta Bēga!