

WAKE UP YOUR BODY AND MIND!

Walking around an exhibition tends not to involve much actual walking, but a lot of standing and pondering. A lot of stress on muscles + active use of mental energy = double fatigue.

Nico Aeschimann, athlete and managing director of Ironman Switzerland, gives you three tips how to stay awake in a gallery space and absorb more artworks!

NECK

Make sure that the artwork is at eye level straight in front of you. Bend your head slowly from left to right and stretch out your left arm. Bend your head until you feel a slight tension in your neck and hold the position for 5 seconds. Repeat the exercise on the other side. Slowly repeat the movements 5 times on each side.

TRUNK

Stand firmly with your feet about a shoulder width apart. Stretch your arms straight above your head and hold your hands together. Bend your upper body slowly to one side until you feel a slight tension along the side of your body. Hold the position for 5 seconds and then change sides slowly. Repeat this 5 times on each side.

LUNGES

When you go to the next object try to walk in lunges. Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to form 90-degree angles. Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping into a controlled lunge on the other side. Keep going!

Ironman organises different series of long-distance triathlon races all over the world. It is widely considered one of the most difficult one-day sporting events globally. Ironman Switzerland will take place in Zurich on 24 July 2016.



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