

Raking: Working with soil or the lawn



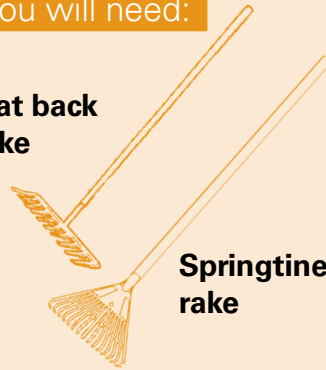
"Helps me to feel stronger in mind and body."

Benefits:

- helps to keep your **lungs, heart** and **circulation healthy**
- helps to **burn off calories**, keeping **weight down**
- helps increase **suppleness, posture** and **co-ordination**.

You will need:

Flat back rake



Springtine rake

Bucket to dispose of stones and leaves

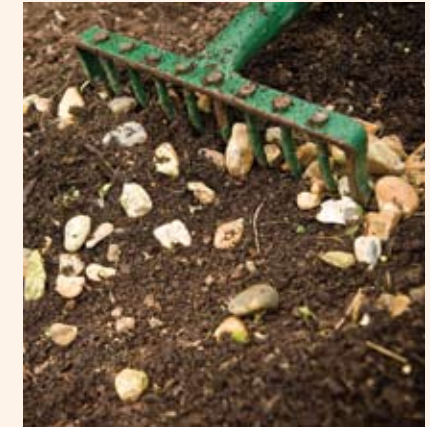


Raking soil

① Select tool to use comfortably



② Rake systematically to take out large stones



"Raking helps me maintain my balance, and get lots of fresh air."

Raking soil

③ Put stones into a bucket and dispose of



Raking leaves

① Select tool to use comfortably



② Rake leaves into piles



③ Put leaves onto compost heap

