# How To Do a Proper Push-Up

Begin on hands and knees, with hands placed flat on the ground directly below shoulders.

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Lift knees and brace toes, so that your body now forms a generally straight line from shoulder to feet. Arms should be fully extended, and feet placed no more than six inches apart.

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Lower your body with elbows bending back, until your arms from shoulder to elbow form a line parallel with the ground. Ensure that your entire body lowers at the same time and that you do not arch your back.

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Push up with arms until your body again forms a generally straight line from shoulder to feet.

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Repeat above steps until you can't do anymore. Congratulations, you've just done a proper push up!

# How To (Safely) Brush Your Cat

Get your cat brush, and cautiously approach cat.

Is cat sleeping? — **No** → Find a comfortable place for both you and cat. Pet cat until it lays down, purrs, or licks you.

**Yes** ↓

Come back when cat is awake.

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Begin brushing with slow, long strokes along cat's back.

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Does cat bite, growl, or scratch? — **Yes** → Discontinue; come back and hour or two later and start again.

**No** ↓

Brush along sides and underbelly (if cat allows). Brush in direction that fur naturally grows.

Check brush; is it clogged with fur? — **No** → Brush along sides and underbelly

**Yes** ↓

Clean brush by using a comb to pull out clumps of fur from bristles.

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Give cat a treat for staying put, and release when done.