Morning Stretches

Flexibility is an important skill, but we often forget it during a busy day. Try this quick morning routine as soon as you wake up to get your blood flowing and start off your day right!

Step 1: Head Turns and Tilts

You can start without leaving the bed! Turn your head to the right and hold the stretch for 10s. Repeat to the left. Then tilt your head to the left and hold the stretch. Repeat to the right.

Step 2: Side Stretch

Stay seated and raise one arm over your head and bend sideways from the waist. Support your trunk by placing the hand or forearm of your other arm on your thigh or the bed for support. Be sure you bend directly sideways and don’t move your body below the waist. Repeat on the other side.

Step 3: Across-the-body and overhead stretches

Standing up and keeping your back straight, cross your right arm in front of your body and grasp it with your left hand. Stretch your arm, shoulders, and back by gently pulling your arm as close to your body as possible. Hold.

Bend your right arm over your head, placing your right elbow as close to your right ear as possible. Grasp your right elbow with your left hand over your head. Stretch the back of your arm by gently pulling your right elbow back and toward your head. Hold. Repeat both stretches on your left side.


Top image: https://myhealth.alberta.ca/health/Pages/conditions.aspx?hwid=zm2500
Middle image: http://besttoddlertoys.eu/tag/seated-side-bend
Bottom image: http://www.topendsports.com/sport/tenpin/warmup-stretches.htm