On-the-spot Energizer

The cold and the shorter hours of winter can make you feel sluggish and slow. Shake off those winter blahs at any time of day with these quick full-body exercises!

**Morning Bend**
This movement is similar to a deadlift, but without the weights! Stand with your feet shoulder-width, knees slightly bent, and hands behind your head. With your back flat, bend forward until your back is parallel to the ground, keeping weight in your heels and hips. Return to standing. Repeat 10x.

**Wall Angel**
Stand with your back against a wall, touching it with your shoulders and hips (but keep your spine neutral!), then raise arms parallel to floor. Keeping your arms and back against the wall, rotate your arms upward as far as you can and then back down to the starting position. Do 12 reaches.

**Side Crunch**
Stretch and strengthen without leaving your seat! Sit on a chair or bench with your hands behind your head. Press elbows straight back to stretch your chest and open your lungs, then bend sideways at the waist to crunch to your left. Come back up and repeat crunch to the right. That’s one rep! Do 10 reps total.