

6 STRETCHES TO KEEP YOU MOVING AT HOME OR IN THE OFFICE



1

SEATED FIGURE 4

Sit in a chair where both feet can touch ground and cross right ankle over your knee. Use your right hand to increase the intensity of the stretch. With a flat straight back lean forward. Hold for 30 seconds; repeat on left side.



2

CHEST OPENER

Stand with feet hips-distance apart, toes pointed forward, and roll your shoulders up and back. Clasp hands behind the back and lift your hands and arms slightly away from the back to increase intensity. Hold for 30 seconds.



3

HIP FLEXOR STRETCH

Stand with your feet hips-distance apart and toes pointed forward. Take giant step back with your right foot and you should feel the stretch in your right hip flexor. Tuck your hips under and reach your arms to the sky to increase intensity. Repeat on the left side.



4

WIDE LEG FORWARD FOLD

Stand with feet wide (3 ft) and your toes pointed forward. Put your hands on your hips and hinge forward with a flat back until your body is a 90-degree angle. Fold forward letting your hands come to the ground. Walk your hands away from the body and press the glutes out in the opposite direction to increase intensity. Feel free to reach side to side, shake your head yes and no, and take deep breaths.



5

NECK ROLLS

Stand with feet hip-width apart and toes pointed forward. Drop your chin to your chest and hold for a few seconds. Roll your head to the right, stopping when ear meets shoulder. Place hand on side of head to increase intensity. Repeat on the left side. Roll your head side to side several times stopping anywhere you feel tightness.



6

FULL BODY STRETCH + ADDED SIDE STRETCHES

Stand with your feet hip-width apart and toes pointed forward. Inhale and reach your arms over head lengthening through the spine and belly. Exhale your arms back down. Repeat several times. Add a side stretch by gripping the left wrist with the right hand and leaning to the right making the left side of your body long. Repeat on left side.