

# Morning Stretching Routine For Your Body And Brain

# T



## Knee-to-Chest Stretch

Lay on your back. Bend your knees and reach out with your hands to grab your shins, knees, or backs of your thighs — whichever feels best to you. Slowly pull your knees towards your chest until you feel a slight stretch in your thighs, hips, or lower back. Don't pull too hard! You should feel a little bit of pulling without being in pain.



## Cobra Stretch

Roll over onto your stomach, place your hands directly underneath your shoulders. While keeping your hips firmly pressed down into your bed, push up so that your head, shoulders, and chest are raised. You can also try pushing until your stomach is lifted, too, if it doesn't



## Side Stretch

Time to stand up. Raise your arms above your head and clasp your hands together. Shift your hips to the right and move your arms up and to the left so that your entire body is gently curved like a crescent moon. Breathe deeply into your side muscles, then repeat on the other side.



**Spending 5 minutes stretching each morning can have powerful impact on your body and mind.**

- Start with few basic stretches while lying down.
- Take your time working through each stretch.
- Take 5 deep, slow breaths in each position.
- Move at an easy pace into the next stretch.

Remember, the goal here is to warm up your muscles and boost blood flow throughout your body. Do not push your body to the limit.

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## Spinal Twist

While on your back, bring both knees in towards your chest. Let your arms drop so they are stretched out on either side of your body in a "T" shape. Slowly let your knees fall to the right side, while keeping your left shoulder as close as possible to your bed. Hold, and then repeat on the opposite side.

## Neck Stretch

Stretch your neck and shoulder muscles by sitting on the edge of your bed, letting your head fall towards your right shoulder, and placing your right hand on top of your head to deepen the movement. Repeat on the other side. Don't actually pull on your head — this could lead to injury.



## Forward Fold

While standing, continue stretching your back and legs by standing with your feet directly underneath your hips. While keeping your knees slightly bent, allow your upper body to bend forward, with your hands reaching down towards your toes. Let your arms and head hang as you inhale and exhale five times.



# Any Body Can Stretch A Visual Approach

**Hussin A.Rothana**



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