



MORNING BED STRETCHES

Fitting in a short block of activity first thing in the morning is a good way to start your day.

But if you find it hard to get out of bed in the morning, give these stretches a go! You'll get your muscles moving and set yourself up for the day.

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.

Start slowly and be gentle. Ease into each stretch and listen to your body. If you experience any intense sensation or pain, stop that particular movement.

Spinal stretch (curl into a ball)

This is a beautiful stretch to do first thing to ease into movement.

- Lie flat on your back (move pillows, blankets, etc out of your way).
- Draw both knees towards your chest and bring your hands to your knees or shins so you can pull them in as tightly as is comfortable.
- Hold for 20 – 30 seconds.
- If you are restricted by tightness, you can draw one leg in at a time.

Neck stretch

Alleviate shoulder and upper back discomfort.

- Sit on the edge of your bed with your feet flat on the floor.
- Allow your arms to hang beside you and relax your shoulders.
- Slowly drop your right ear towards your right shoulder.
- If you want to deepen the stretch, you can use your right hand on your head.
- Hold for 20 – 30 seconds, and then repeat on the other side.

Spinal twist

Keep your spine flexible.

- Sit on the edge of your bed with your feet flat on the floor.
- Take your right hand to your lower back, and your left hand to your right knee.
- Begin twisting to the right while looking over your right shoulder.
- Use your hands to deepen the stretch to your desired intensity.
- Hold for 20 – 30 seconds, and then repeat on the other side.

Hip stretch

Loosen your hips and buttocks.

- Sit on the edge of your bed with your left foot planted on the floor.
- Take your right ankle on top of your left knee.
- If you want to deepen the stretch, use your right hand to gently guide your right knee towards the ground.
- Hold for 20 – 30 seconds, and then repeat on the other side.

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Overhead reach

Elongating your whole body will help improve your posture.

- Stand with your feet hip width apart and your arms next to your body.
- Keep your arms straight, and as if they were wings start to lift them up towards the ceiling.
- Hold for 5 seconds at the top and look up if comfortable for your neck. Slowly lower your arms back down.
- Complete 3 – 5 times.

Chest stretch

Open the chest and improve posture.

- Stand facing a wall.
- Place your right hand on the wall so that your arm is fully extended and your fingers are facing the ceiling.
- Keep your arm still as you take a couple of steps so that your body is side-on to the wall.
- If you want to deepen the stretch, look over your left shoulder (so that you are facing away from the outstretched arm and wall).
- Hold for 20 – 30 seconds, and then repeat on the other side.

Side stretch

- Stand with your feet hip width apart.
- Place your left hand on your hip and reach your right arm to the ceiling.
- Push your hips to the right and reach your right arm towards the left. Imagine you are making a 'crescent moon' shape with your body.
- Hold for 20 – 30 seconds, and then repeat on the other side.

Forward fold

Improve full body flexibility.

- Stand with your feet hip width apart.
- Tuck your chin to your chest, round your spine and roll forward as far as you are able. Your arms will dangle in front of you.
- Imagine you are reaching forward to touch your toes. If you feel unsteady, you can place your hands on your thighs for support.
- Hold for 20 – 30 seconds.