

# ACTIVITY PLAN: MORNING ROUTINE

**Aim:** Move your body soon after waking up to alleviate stiffness and soreness and start your day feeling good.

**Duration:** 5 - 10 minutes

**Equipment:** A mat/towel

**Frequency:** Daily

## Breathing



### Description

1. Breathe in through your nose for the count of 4.
2. Feel your belly and ribcage expand.
3. Breathe out through your nose for the count of 4.
4. Feel your belly and ribcage deflate.

**Repeat:** 10 - 20 breath cycles

## Neck circles



### Description

1. Begin in a seated or standing position.
2. Imagine you have a pencil attached to your nose and you want to draw a circle.
3. Drop your chin to your chest.
4. Now, move to one side and "draw" a circle with your nose, taking your nose as high as is comfortable for your neck.
5. Make the same shape in reverse on the other side and return your chin to your chest.

**Repeat:** 5 x circles each direction

## Roll downs



### Description

1. Stand upright and tuck your chin to your chest.
2. Slowly roll your upper body down towards the floor.
3. Let your arms hang.
4. Once you get as low as you can, hold for a couple of breaths.
5. Now, roll up slowly, stacking your spine and returning to an upright position.

**Repeat:** 3 - 5 times

**Tip:** Instead of scrolling for an extra 10 minutes on your phone before you start to get ready for the day, try these exercises and start your day with a little bit of movement!

## Torso twists



### Description

1. Stand upright with feet hip distance apart and hands resting on your hips.
2. Twist your torso to the right and keep your hips pointing forward.
3. Look over your right shoulder to take the twist into the upper spine as well.
4. Return to the starting position.

**Repeat: 5 x twists per side**

## Chest opening (arm swings)



### Description

1. Stand upright with feet hip distance apart.
2. Stretch your arms out beside you into a 'T' shape with palms facing forward.
3. Cross your arms in front of you and let the right arm sit on top of the left arm like you are giving yourself a hug.
4. Bring your arms back out to the 'T' shape.

**Repeat: 10 x arm swings**

## Back extension



### Description

1. Lay face down.
2. Place your hands on the floor beside your ribcage, palms down.
3. Press into your hands to lift your head and chest off the floor.
4. Only come as high as feels comfortable and then lower back down to the starting position.

**Repeat: 10 x arm swings**

## Cat and cow



### Description

1. Start on all fours, with your hands under your shoulders and knees under your hips.
2. As you inhale, gently arch your back (cow), dropping your belly towards the floor and lifting your chest and tailbone while looking upward.
3. As you exhale, round your spine (cat) upward, tucking your chin to your chest and drawing your belly button toward your spine.
4. Move slowly between the two positions.

**Repeat: 5 – 10 times**

## Child's pose



### Description

1. Begin in a kneeling position with your big toes touching.
2. Lower your hips towards your heels.
3. Start walking your arms out in front of you and lower your belly towards your thighs.
4. If possible, rest your forehead on the floor and stretch your arms out in front of you.

**Hold: 30 – 60 seconds**