

# Morning Stretch Routine

To gently wake up sleeping muscles and joints, this simple 5-minute stretching routine hits the spot. It's a great way to kick-start your day—even before you've had your coffee! The routine combines a variety of movements that work on mobility, balance, coordination, and flexibility.

 Time: 5 min

## GLOSSARY OF BALANCE, COORDINATION AND FLEXIBILITY ACTIVITIES

**BALANCE** is the ability to control the position of your body, whether you're moving or standing still.

**COORDINATION** is the ability to synchronize the movements of different parts of your body (e.g., eyes and hands, or arms and legs).

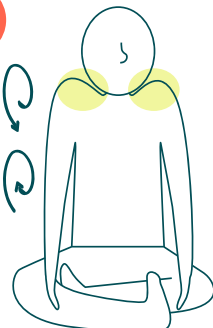
**FLEXIBILITY** is the ability to move through the full range of motion of a joint (e.g., ankles, knees, hips, shoulders, neck).

These three abilities are the keys to maintaining mobility and agility in your everyday movements, which reduces the risk of falls and injuries.

## Start with a warm-up

Sitting comfortably on the floor (on a floor mat or exercise mat), start by warming up your shoulders, wrists, and spine.

**1**



**Rotate your shoulders with forward circular movements** for 10 seconds, then backwards.

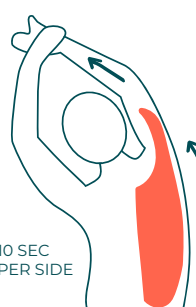
10 SEC + 10 SEC

**2**



**Shake your hands** for 10 seconds.

**3**

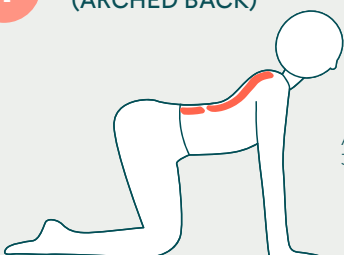


Grab your right wrist in your left hand, then lift your arms toward the ceiling. Lean to your left to stretch the **broad back muscle (lats)** for 10 seconds. Repeat on the other side.

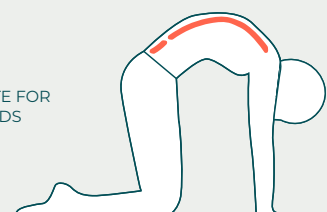
10 SEC PER SIDE

**4**

**COW POSE (ARCHED BACK)**



**CAT POSE (ROUNDED BACK)**



ALTERNATE FOR 30 SECONDS

Get in tabletop position, with your hands lined up below your shoulders, and your knees below your hips.

While arching your lower back, breathe in for **Cow pose. The back is arched.**

Exhale as you round your back, bringing your navel toward your spine. This is called **Cat pose**. Alternate between arching and rounding your back for 30 seconds.

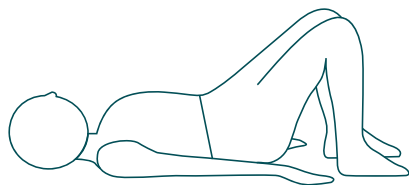
# A little more challenge with the Bridge pose



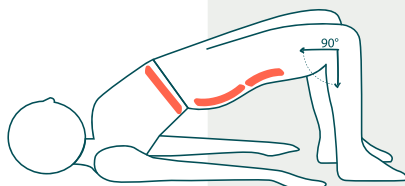
Create your own custom routine by adding your favourite [yoga poses or exercises](#) to this stage!

5

**SETTING UP THE POSE**  
(HIPS ON THE GROUND)



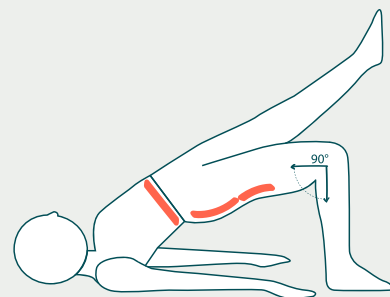
**BRIDGE POSE**  
(HIPS RAISED TOWARD THE CEILING)



## TIP

Engage the muscles in the back of the thighs, glutes, and abs to stabilize this posture.

Lying on your back, bring your heels as close to your buttocks as possible. Keep your feet and legs hip-width apart. With your arms at your sides, press against the floor for support, and inhale into **Bridge pose**, lifting your hips toward the ceiling. Exhale as you lower your hips to the floor. Repeat the sequence **3 to 5 times**.



## VARIATION

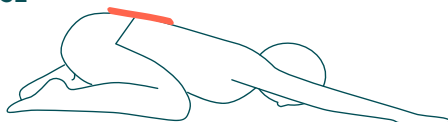
For an extra challenge, while remaining in Bridge pose, lift one foot toward the ceiling, followed by the other.

## Cool down

6

**WIDE LEGGED CHILD'S POSE**

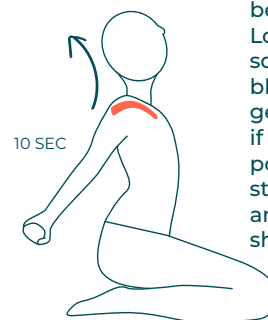
15 TO 30 SEC



Gently, and with control, make your way back to Tabletop pose (on all fours, see [step 4](#)).

Spread your knees to about the width of your exercise mat. Lean back on your heels to move into **Child's pose**. **Extend the arms forward**. Take deep breaths, using this time to relax and release your lower back for 15–30 seconds.

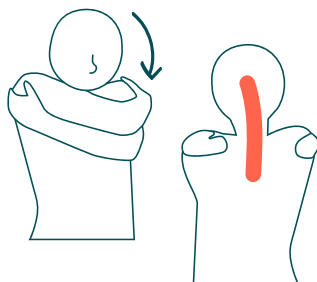
7



Sit in a comfortable posture (either on your knees or cross-legged), then clasp both hands behind your back. Lower your shoulders, squeeze your shoulder blades together, and gently raise your hands if you can. Hold the pose for 10 seconds, stretching your chest and the front of your shoulders.

8

15 SEC + 15 SEC



Grab each shoulder with the opposite hand, by placing your right arm under your left arm. Give yourself a well-deserved hug!

Lower your chin to your chest to **stretch the back of the neck**. Gently breathe in and out for 15 seconds, letting your breath come naturally. Switch arms by placing your right arm over your left arm for 15 seconds.

## GOOD TO KNOW

You should aim for a total of 150 minutes of moderate-intensity exercise or 75 minutes of high-intensity exercise each week. Activities that focus on coordination, balance, and flexibility, such as yoga, tai chi, and skill-based activities (e.g., bowling) help you develop your attention and concentration, improve your posture, and reduce the risk of falling and losing your balance.

*This routine is not adapted for individuals with special needs related to specific health conditions. It does not constitute medical advice and is not intended to replace the advice of a physician or other health care professional.*