

# 6 Simple Stretches You Can Do Every Morning in Bed

Morning stretching is important for your body to help kick-start your energy levels and to help circulation.

**Full-body Stretch:** On an inhale, reach your arms overhead & straighten your legs out. Hold this fully stretched position for 5 counts, then exhale & release the stretch. Repeat 3 times.



**Knees-to-Chest:** Lay on your back, bend your knees and use your hands to draw one knee in toward your chest at a time, wrapping your arms around both shins. Hold for 10 deep breaths.



**Supine Twist:** From Knees-to-Chest Stretch, release your grip of your shins and let your arms fall out to a "T" shape. Guide your legs over to rest on one side, keeping your knees bent and shoulders planted down into your mattress. Look toward the opposite side of your legs. Hold for 10 deep breaths, then repeat on the other side.



**Seated Forward Bend:** Begin by sitting up & keeping your legs straight. Inhale and lengthen through your spine; as you exhale, start to walk your fingertips toward your feet. When you get to your farthest point, let your neck hang heavy toward your legs, releasing any tension. Hold for 10 rounds of breathing.



**Glute Bridge:** Lie on your back with knees bent, feet flat on the bed. Exhale and squeeze your abs and butt to lift your hips up while pressing your heels into the mattress, inhale and slowly lower back down. Repeat 10-15 times.



**Cobra:** Roll over onto your belly and bring your hands toward your chest. Use your hands to lift your torso off the bed, keep a slight bend in your elbows. Feeling a nice stretch in your abs. relax your shoulders away from your ears and lengthen your neck. Stay here for 30 seconds, then lower your torso back to the bed.

