Free guide

10-Minute Morning Stretch

LIVE BETTER. MAKE LIFE MATTER.

A seated start to the day for the neck, shoulders, arms, back, and ankles.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Do not force a stretch. A mild easy range is the goal. Skip the neck if turning the head feels wrong.

These guides are not treatment.

Time

About 10 minutes. Each part can be shorter.

Rest whenever you want. You do not have to finish every part.

Neck

Turn the head a short way to one side, return to the center, then turn the other way. Do not tip the head far back.

How much: 3 turns each side.

An easier way: Look only a little to the side.

Shoulders

Roll both shoulders slowly backward.

How much: 6 rolls.

An easier way: Do 3 rolls.

Arms

Reach one arm forward only as far as is comfortable, then the other arm.

How much: 3 reaches each side.

An easier way: Reach toward a table instead of out into the air.

Seated spinal movement

Hold the side of the chair. Turn the chest a small amount, then come back. Switch sides.

How much: 2 turns each side.

An easier way: Turn only the head and leave the chest still.

Ankles

Circle one ankle slowly, then the other.

How much: 8 circles each foot.

An easier way: Do 4 circles.

Relaxation

Rest the hands on the thighs and breathe in an ordinary way.

How much: 4 easy breaths.

An easier way: Stop after one breath.

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/morning-stretch

Sources linked, not copied

4 Flexibility and Cool Down Exercises for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=kCQ6irSQwYA

Shoulder and Arm Stretch for Older Adults (National Institute on Aging on YouTube)

https://www.youtube.com/watch?v=CW0h60-PS4Y

Exercise for Older Adults (MedlinePlus)

https://medlineplus.gov/exerciseforolderadults.html

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.