

Everyday Stretches

Body & health

Eight stretches covering the areas a sitting day actually shortens.

Roughly ten minutes for all eight. Breathe out as you ease into each one.

Neck & shoulders

Neck side bend — ear toward shoulder

Chin tuck — make a double chin, hold

Doorway chest stretch — forearm on the frame

Shoulder rolls — ten back, ten forward

Back & hips

Cat-cow — arch and round on all fours

Seated spinal twist

Hip flexor lunge — the big one for sitting

Figure-four glute stretch

Rules

30 seconds each, both sides

Never bounce

Tension, not pain

Warm muscles stretch better than cold

Stretching relieves; it does not fix. Strength and movement through the day are what change things.