// A BETTER ME
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HEALTH AND WELLBEING CHECKLIST

Date

41 — Morning Stretch

Starting your day with stretches can boost circulation, reduce stiffness, and energise your body. Use this checklist for a simple and effective morning stretch routine.

Neck Stretch

- ○ Gently tilt your head to one side, bringing your ear toward your shoulder, and hold for 10 seconds. Switch sides.
- ○ Tip: Avoid shrugging your shoulders to get a deeper stretch.

Shoulder Rolls

- ○ Roll your shoulders backward and forward 5-10 times to release tension.
- ○ Tip: Synchronise the movement with your breath for added relaxation.

Cat-Cow Stretch

- ○ Start on all fours, arch your back (cat pose), then dip your belly and lift your head (cow pose). Repeat 5-7 times.
- ○ Tip: Move slowly and match the stretch to your breathing pattern.

Standing Side Stretch

- ○ Stand tall, reach one arm overhead, and lean gently to the opposite side. Hold for 10 seconds and switch sides.
- ○ Tip: Keep your core engaged for better balance.

Forward Fold

- ○ Stand with feet hip-width apart, bend at your hips, and reach toward your toes. Hold for 15 seconds.
- ○ Tip: Bend your knees slightly if your hamstrings feel tight.

Seated Spinal Twist

- ○ Sit cross-legged, place one hand on the opposite knee, and twist gently toward that side. Hold for 10 seconds, then switch.
- ○ Tip: Keep your back straight during the twist.

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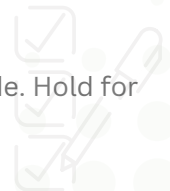
# HEALTH AND WELLBEING CHECKLIST

41 — Morning Stretch

Quad Stretch
- ○ Stand on one leg, pull your other foot toward your glutes, and hold for 15 seconds. Switch sides.
- ○ Tip: Hold onto a chair or wall for balance if needed.

Calf Stretch
- ○ Step one foot forward, keep the back leg straight, and lean into the front leg. Hold for 15 seconds, then switch.
- ○ Tip: Keep your back heel flat on the ground for a deeper stretch.
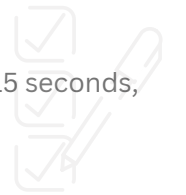
Deep Breathing to Finish
- ○ Stand tall, inhale deeply through your nose, raising your arms overhead, then exhale and lower them. Repeat 3-5 times.
- ○ Tip: Focus on filling your lungs completely with each breath.

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