

Start your day right with these 3 simple stretches

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Featured topic

Wake up your body in just a few minutes with these three simple morning stretches.

Learn how to perform the Cat-Cow, Hip Rotation Mobility Stretch and Reverse Tabletop Hip Lift to help improve mobility, loosen stiff joints and prepare your body for the day ahead.

These beginner-friendly movements target your spine, hips, glutes, shoulders and core, helping you move more comfortably and maintain healthy mobility as you age.

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Transcript

Narrator: You don't need an hour-long workout to get your day moving in the right direction, just three simple stretches and a few minutes. So reach for your toes, move your spine and open those hips.

First up, let's wake up those hips. Lay on a mat as if you were going to do sit ups. Knees bent. Back flat on the ground. Hold your ankles if you can, and rotate your hips controlling the movement rather than forcing it. Do 5 to 8 reps per side. Think of this as reminding

your hips that they can move in more than one direction. It's especially helpful for opening the front of the hips and improving overall hip mobility. And remember, smooth and controlled beats fast and forced.

Next, the Reverse Tabletop Hip Lift. Sit with your knees bent and feet on the floor. Place your hands behind you. Press through your feet and hands. Lift your hips and open through your chest until your body is parallel to the floor. Squeeze your glutes and hold for 20 to 30 seconds at the top, then lower with control. You're opening the front of the hips, activating the glutes, and getting some shoulder mobility at the same time.

Finally, the Cat Cow. Start on your hands and knees with your hands under your shoulders and knees under your hips. As you exhale, round your back, tuck your chin and pull your belly button toward your spine. As you inhale, gently drop your belly, lift your chest and look slightly forward. Move slowly between the two positions, following your breath. Try 6 to 10 repetitions. This takes your spine through flexion and extension, exactly the kind of movement that can help loosen up those stiff joints after a night of sleep.

Make these three stretches part of your morning mobility routine and start your day moving better.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.