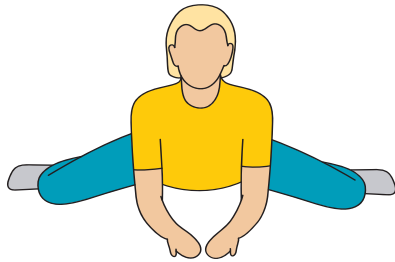


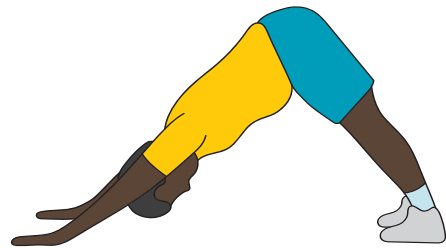
ENERGISING MORNING ROUTINE

5 **x** **5** **x** **5**
MOVEMENTS **MINUTES** **TIMES A WEEK**



FROG STRETCH

Hold 30 – 60 sec.



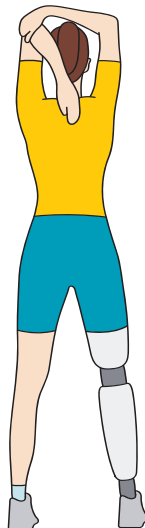
DOWNWARD DOG

Hold 30 sec x 2.



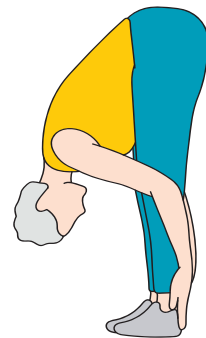
KNEELING HIP FLEXOR STRETCH

Hold 30 sec each side.



OVERHEAD TRICEPS STRETCH

Hold 30 sec each side.



STANDING FORWARD FOLD

Hold 30 – 60 sec.

**This morning routine is designed to boost energy and limber up.
Have a lovely day!**



Government of Western Australia
Department of Health



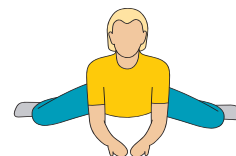
ENERGISING MORNING ROUTINE

5 **x** **5** **x** **5**
MOVEMENTS **MINUTES** **TIMES A WEEK**

This routine is designed to boost energy and limber up for the day.

FROG STRETCH

Get on your knees on the floor and rest on your forearms. Turn out your feet and widen your knees, sinking towards the floor till you feel a stretch. Hold for 30 seconds.



DOWNWARD DOG

Get on your hands and knees on the floor, hands shoulder-width apart and fingers spread out. Flex your ankle and curl your toes under your heels, engage your core, exhale, and lift your knees off the floor. Straighten your legs and push your hips towards the ceiling. Lower your heels towards the floor. Keep your chin tucked, the top of your head in a straight line with the rest of your spine. Look towards your ankles and keep your ears between your arms. Hold for 30 seconds then return to starting position. Repeat.



KNEELING HIP FLEXOR STRETCH

Get down on one knee. The foot of the kneeling leg should be pressed on the floor. Keeping your back straight, lean forward to stretch the front of the hip of the kneeling leg. Slide the front foot forward to get a deeper stretch. Hold for 30 seconds. Return to the starting position and repeat on the other side. Use a blanket under your knee if needed.



OVERHEAD TRICEPS STRETCH

Lift your left hand to the ceiling, then bend your elbow to bring your left palm towards the centre of your back, resting your middle finger along your spine. Use your right hand to gently pull your elbow to reach further down your spine. Hold for 30 seconds, then repeat on the other side.



STANDING FORWARD FOLD

Stand up straight with your feet hip-width apart. Slowly bend forward from your hips and let your upper body hang down, relaxing your head and neck. Hold this position for 30 seconds and slowly come back up to standing. Repeat.

