

# 4 STRETCHES TO INCREASE MUSCLE MINDFULNESS

Take 15 minutes and try the following stretches to be more mindful throughout your day and improve your muscle and joint comfort.



## Glute stretch (20-30 seconds for each leg)

- Sit upright in a chair with feet planted firmly on the ground
- Cross one ankle on the opposite thigh
- Keeping your torso tall, hinge your torso forward



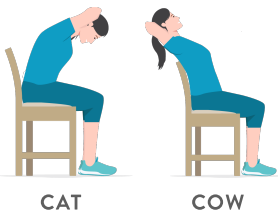
## Hamstring stretch (10-30 seconds for each leg)

- Place one heel on the floor a few inches in front of your other foot
- Lean your hips back slightly and your torso forward until you feel a stretch
- Keeping your knee straight, point your toes up toward the ceiling



## Quad stretch (20-30 seconds for each leg)

- Stand on one leg and bring your heel towards your buttock
- Reach back with your hand to grab on to your foot or ankle
- Keep your hips pointing forward, to avoid twisting or losing balance



## Seated cat cow

- Sit up straight, with hands on the back of your head
- Cat: Round your shoulders and back, tuck in your belly, and look down
- Cow: Bring your belly forward, chest and head up, and shoulders back
- Slowly return to sitting up straight