Are you constantly tight or sluggish upon rising?

Chances are you are missing the out on the importance of stretching upon rising in the A.M.

Stretching upon rising; will help wake your body up and prevent your body from potential injuries throughout the day

4 benefits of stretching in the A.M.

1. **Stretching in the A.M. reduce and prevents back pain**. —- Stretching relieves and prevents back pain by reducing tensions in your spine and muscles.
2. **Increased flexibility ——** low level of physical activity and sitting down all day tighten your muscles and reduced flexibility. Stretching in the A.M. will help lengthen and relax your muscles, while improving flexibility.
3. **Better Posture ——** tense muscles lead to poor posture. Regular stretching relaxes and lengthens your muscles. Relaxed muscles keep the back in better shape while improving posture.
4. **Improved circulation & energy level ——** stretching helps to increase the blood flow to your muscles. More blood in your muscles mean more energy. Stretching also increases blood flow to your brain and sharpens your concentration.

**5 Stretching You Should Do Everyday Upon Rising**

1. Calf Stretch
2. Hamstring Stretch
3. Shoulder/Triceps Stretch
4. Butterfly Stretch
5. Quad Stretch

Each stretch should be held for 30 seconds, completed 3 times.