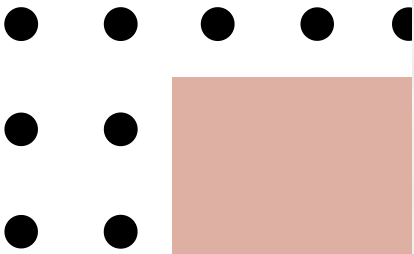
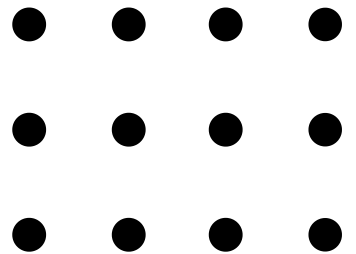


FROM FOXY FIT



***mindful***  
*morning movement*



## Belly Breathing

A gentle stretch for the adductors (inner thighs) and spine

Lie on your back, bend your knees and allow your knees to drop to the sides for a gentle butterfly stretch. Place your hands on your belly, and breathe into your hands. Notice how your breath moves in your body. Count your inhales and your exhales. Set an intention for your day: it may be to move mindfully, or to feel at ease, or simply to be present. These mindful moments make a positive difference. Benefits include: Improved focus, a sense of calm and wellbeing, and an opportunity to check in with your body.

## Figure Four

A big piriformis stretch (great for all runners, gym rats, soccer moms, office workers, and burrito contest winners!)

Plant one foot on your bed, and bend your knee. Place your other ankle on top of the thigh, making a “four” with your legs. Take a few deep breaths and allow your hips and low back to release. If you want more, interlace your hands behind the original thigh, and pull your legs toward your chest.

## Limber Lateral Line

Solid QL (low back) stretch, and a thoracic spine stretch

Roll to one side, support your head and pull your knees into your chest. Straighten your top leg and send it back behind you. Keep your hips stacked; allow your leg to drop off the bed and toward the floor. You’ll feel a big stretch in the side of the body. For more sensation, reach your top arm over your head, or toward the opposite side of your bed.

## Purposeful Pretzel

Hip stretch, balance, and mindfulness

Time to get out of bed! Stand up (extra points if you do a big good morning stretch on the way), face your bed, and place your shin on the bed. Breathe into your hip, and lengthen through your spine. When you’re ready, fold over your shin. Come back to your intention for the day, and take a moment to thank yourself for starting your day purposefully.

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## Hugs Help

Gentle warmup for the hip, and a nice stretch for the glutes/hip rotators

Hug knees to chest, gently roll side to side. Then extend one leg out. Gently hug the opposite leg toward your chest, then over to your armpit, and then across your body to your opposite shoulder. Remember to breathe, be gentle, and be. Switch sides when you’re ready.

3

## Twist the Tissue

Unwind the low back, and open up the front of the shoulders

Keep the figure four shape, with one foot on the bed, and allow the shape to drop over across your body. Reach your arms out to the side, and breathe deeply into your chest.

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## Flexible Flexors

Huge hip flexor stretch (perfect for all people who sit, move, cycle, stand, etc) and shoulder opener

From the limber lateral line stretch, simply bend your top knee and reach for the foot. If you can’t reach it, don’t stress! Just keep bending and straightening the leg.

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