

Mindful Stretching

Kaiser Permanente Corporate Health Promotion

Mindful stretching is a great form of exercise that encompasses breathing and movement. Studies have shown that stretching can decrease stress, improve fitness, and increase total mind and body health.

This chair based stretching routine can be performed multiple times throughout the week. Start off with a light warm-up followed by 5 minutes of breathing through the nose. Hold each posture for 30 seconds.

1. Forward bends (8 poses)



- Keep the chest up and core engaged for all forward bends
- Push hips back and lean forward on last 3 poses
- Avoid poses if you have back pain or discomfort

2. Lateral bends (3 poses)



- Reach up and above your head as high as you can
- Elongate the spine and arms as you reach up and over

3. Back bends (3 poses)



- Arch your back and look up to the ceiling
- Keep the core engaged on all back bends
- Avoid back bends if you have back pain or discomfort

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4. Twists (3 poses)



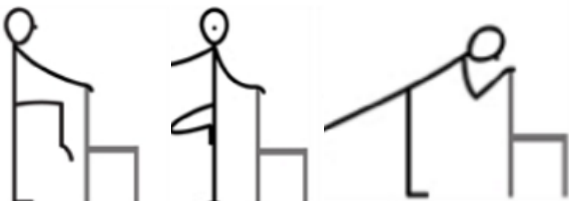
- Twist your spine and use your arms as leverage
- Turn your head and engage the core at all times

5. Hip work (3 poses)



- Keep the chest up and engage the core with all stretches
- Listen to your body and avoid overstretching the hip

6. Balance (3 poses)



- Focus on a fixed object while balancing
- Keep the core tight and stand up as tall as possible