

## WAKE UP WARM UPS

The great thing about these movements is that you can do them lying down in bed under the covers.

1. Lay on your back with no pillow. If needed a small rolled towel under the neck may help.  
Turn your head side to side, right and left.
2. Circle your chin to the right 3 times, left 3 times – imagine you are making circles on the ceiling.
3. Circle your shoulders up, to the back, and down squeezing your shoulder blades together a bit.
4. Hug yourself alternating which arm is on top. Roll your head and neck off the bed to the shoulder blades. while you do this. Just up and down quickly to provide a gentle stretch to the upper back.
5. Bend knees bringing feet flat on bed.  
Rock knees side to side. Do not go down flat to the bed if you are not that flexible. We are just getting blood flow not maximum stretch.
6. Raise feet off the bed and continue to rock side to side. If you can get closer to the mattress, do so at your level of flexibility but we are NOT aiming for maximum stretch – just warming up.
7. Bring your knees to your chest and rock side to side. Got to your limit of comfort – do NOT force
8. You can also straighten your legs and circle your ankles while your knees are up. Gently move whatever needs a little attention.
9. After 3-4 rocks each side, rock to side of bed you will be rising on. To sit up, swing your legs over the side of the bed as you push your upper body up with the upper hand. You are sitting up without as much twisting, like a board over a fulcrum.
9. Sit on side of bed and put hands on knees. Sit up straight. Gently twist at the waist and bend over aiming one shoulder to opposite knee. Alternate side to side. Slow stretch, do not overdo at this point. You can also lean over to one side and then the other. Put one arm up and use the lower arm to support you as you tilt / stretch to the side.
10. Stand up and roll your back up to standing up.
11. Shake arms and hands. Raise knees up. Continue moving to the shower for more exercise. You will be able to stretch farther after your muscles are warmed up more.

You'll be surprised how much more awake you are by the time you hit the bathroom. You may find that once you develop this habit you can live without your morning cup of coffee. (Heaven forbid!)