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

To learn more call (855) 902-2777, or apply at:
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