

Morning exercises to get you moving.

Daily movement can help improve your mood and reduce stress on muscles and joints around the body. Doing these five simple stretches every morning can help set yourself up for the day.



1. The hip flexor stretch

Take one knee and rock forward, putting pressure on the front leg. You'll feel a stretch across the front of your hip on the opposite leg. Hold the position for five seconds, then switch sides. Repeat six to eight times per leg.



2. Lower back rotation

Start on your back with your knees bent and feet flat on the floor. Slowly rock your knees from left to right - go as far as you're comfortable with. Do 10-12 repetitions on each side and repeat two or three times.



3. Lower back extension

Start on your hands and knees. Rock back so your bottom touches your heels and your chest moves closer to the floor and hold for three seconds. Slowly rock forward, pushing the front of your thighs and hips to the floor and pushing your chest and shoulders away from the floor. Again, hold for three seconds. Repeat each movement six times and aim to do two to three sets.





4. Upper back rotation

Start on your hands and knees and place one hand behind your head. Rotate and try to point your elbow towards the ceiling, without letting your upper body move sideways. Return to the starting position and repeat for a total of ten times. Swap sides and repeat, doing two sets on each side.



5. Neck mobility

In a seated position, take your right ear to your right shoulder – you'll feel a stretch on the left side of your neck. Hold the position for three seconds. Repeat on the other side. Next, take your head forward – think about getting your chin near your chest. Again, hold for three seconds. Then look up to the ceiling, holding for three seconds before coming back to an upright position. Repeat each movement five times.

Talk to a
fitness expert
with Aviva
Smart Health.

All our customers* and group protection scheme members have access to Aviva Smart Health free of charge.

The fitness service combines diet and exercise in a healthy way to support your fitness goals. Depending on what you want to achieve, you can choose a four or eight week plan. Your plan is personalised to you from the answers you give in our online questionnaire and based on your current health and lifestyle.

Book your consultation on our website or app today.

This guide was written by William Kenton, Head of Physiotherapy at Teladoc Health UK.



Visit the website:
smarthealth.aviva.com

Download the app:



*Aviva Smart Health is provided to Aviva Protection UK Limited customers by Teladoc Health. This is not part of your insurance contract and can be changed or withdrawn at any time.

Aviva Protection UK Limited. Telephone 0345 600 6820. Registered in England and Wales. Number 6367921. Registered address: Aviva, Wellington Row, York, YO90 1WR. Aviva Protection UK Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The registration number is 473752.

EDCO 4211-0225 © Aviva

AVIVA