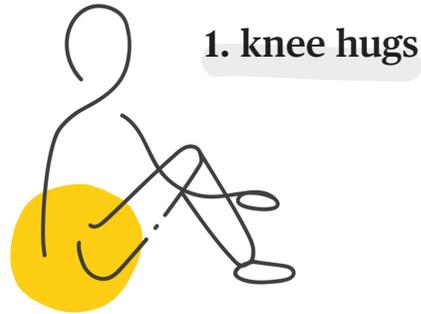


# stretch, flex & go

We've pulled together a set of wind down and wake up exercises with the help of our sleep expert Dave Gibson, so you can get moving in the mornings and relax at night for optimal sleep. One, two, three, stretchhhh.

## wake up flexes

Awaken your body after sleep with these five simple exercises, designed to ease you into the day ahead with a boosted circulation, stimulated muscles and mobilised joints. We can't promise spaghetti-level flexibility but we can promise feel-good moves.



**Kickstart your day** with this lovely move. Best enjoyed before you get out of bed and great for a stiff lower back.

### 2. spinal twist



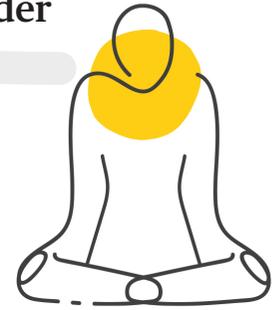
Don't jump out of bed just yet - sit cross-legged for this **satisfying twist**, placing a hand on the opposite knee with your free hand behind you for balance.

### 3. "the stiff neck flex"



Move to sit on the edge of the bed for this one. Pull your shoulders up to your ear then bend your head from left to right. **Feels good, right?**

### 4. shoulder shrugs



Last one on the bed - shrug your shoulders up towards your ears then pull them down, making sure your back is straight. **Ideal for waking up those shoulder muscles.**

### 5. gentle lunge



Okay sunshine, time to hop out of bed. Lunge on your right foot and then switch to your left to **light the fire in your hips and glutes**. Repeat until you're ready to take on the day.



## 1. calf stretch



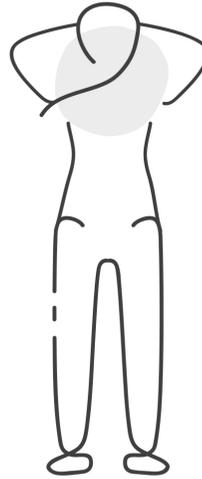
Great for **relaxing the lower legs**. Do this exercise standing, preferably against a wall for balance.

## 2. hip stretch



An ideal exercise for **alleviating restless legs**, do this stretch standing and feel a nice pull on the front of the thigh. Mmm.

## 3. neck and shoulder stretch



or



Interlace your fingers behind your head and very gently pull it forward until you feel a **gentle stretch on the neck**.

## 4. groin stretch



Sit independently or with your back against a wall for this fabulous **tension reliever**, with feet meeting in the middle and your hands resting on your knees. You might want to close your eyes to help you focus.

# wind down stretches

Uncurl your body after a long day with these five calming exercises, great for relaxing the muscles and joints, focusing the mind and slowing the breath. Just the thing you need before bed.

## 5. child's pose



Finish your wind down on the floor with this **wonderfully relaxing position**. Great for slowing the breathing and capping off the day.



**unwind** with eve