



Because it Does.

Even small daily movements can have a positive impact on your mood, your body, and your quality of life.

Post-work movements after a busy day.

Your day is spent taking care of others — your clients, your team at work, your family at home, your aging parents. You're reliable, a problem-solver, and the person everyone can count on. But who's taking care of you?

This isn't selfish, it's essential. Stretching a few minutes after a demanding day at work isn't indulgent; it's how you recharge so you can be your best and help others. Roll out your mat, put on calming music, and take a moment to focus on yourself. **You care for others. Care for yourself.**



Neck Side Stretch

Sit or stand with your shoulders relaxed. Slowly tilt your right ear toward your right shoulder, keeping your shoulders level and avoiding any shrugging. You should feel a gentle stretch along the left side of your neck. Take a few slow, deep breaths, and then switch sides.



Shoulder Roll

While sitting or standing, roll your shoulders up, back, and down in a smooth circular motion. Repeat this movement five to ten times. Inhale as you lift your shoulders, and exhale as you relax them down, allowing tension to melt away.



Butterfly Pose

Sit tall with the soles of your feet together and your knees gently falling out to the sides. Hold your ankles and breathe deeply. Using your elbows, slowly push your knees down towards the ground and hold for a few deep breaths. To modify this stretch, you can place pillows or blocks under your knees for support or move your feet farther from your body to reduce the stretch.

Chiropractors help Canadians live healthy, active lives.

These movements are meant to be safe, simple and easy to follow. Download this page and use it as a reminder to move today and every day.

[FIND A CHIROPRACTOR](#)