



## Because it Does.

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

### Morning movements when time is tight.

Between packing lunches, answering emails, and getting everyone out the door, your morning feels like a marathon before 8 a.m. Self-care gets pushed to "later." But here's the truth: You don't need more time—just a new habit.

The simple movements below take less than five minutes and fit right into your morning routine. Do them while the coffee brews, between packing lunches and checking your calendar.

**Small moments add up to big changes in how your body feels throughout the day.**



#### Wall Push-Ups

Stand facing a wall about arm's length away. Place your hands on the wall, slightly wider than shoulder-width. Step your feet back so your body forms a straight line from head to heels. Bend your elbows and lower your chest toward the wall and feel your shoulder blades squeeze together, then press back up to the start position. Inhale as you lower, exhale as you push up.



#### Cross-Body Shoulder Stretch

Sit or stand tall and bring your right arm across your chest. Use your left hand to gently pull your right arm closer to your body until you feel a stretch in your shoulder. Keep your shoulders down and breathe deeply. Hold, then switch sides. If your shoulder feels tight, hold farther out from your chest or keep the supporting arm lower for comfort.



#### Chest Opener Stretch

Stand or sit tall with your shoulders relaxed. Gently reach your arms behind you and interlace your fingers, or hold a towel between your hands. Lift your chest slightly as you draw your shoulder blades together. Take a deep breath and feel your chest open as you exhale. If clasping your hands is uncomfortable, hold the sides of your chair or rest your hands on your lower back.

### 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.

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