

THE CIRCLE

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Health And Wellness Focus: Daily Exercise

6 must-do daily exercises

A regular exercise routine can help you stay healthy and avoid injury. Get back to basics with these 6 daily exercises for at home or at work.



LEG STRETCH

Hold onto a chair with one hand, grab the top of your foot and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.

Hold for 2-3 breaths and repeat on the other side.



CALF STRETCH

Stand in front of a wall with one leg forward and one leg behind with heels on the ground, feet parallel and back leg straight. Keep your body upright and bend your front knee forward to feel a stretch in the calf.

Hold for 2-3 breaths and repeat on the other side.



SQUATS

Hold onto a chair. Keep a straight back with feet on the ground and hips above your knees. Slowly lower your body as if you were sitting down into a chair.

Do 5-10 reps.



GLUTE STRETCH

Sit on a chair with your foot over the opposite knee. Push on your knee to open the leg and sit up straight. Lean forward until you feel a gentle stretch in your buttock.

Hold for 2-3 breaths and repeat on the other side.



BACK STRETCH

Place hands on your lower back, gently lean back and stretch to the point of tension not pain.

Hold this stretch for 2-3 breaths.



NECK STRETCH

Tuck the chin in. Without turning the head, slowly tilt your head sideways to bring your ear to your shoulder. Repeat on the other side.

Hold for 2-3 breaths and repeat on the other side.

POINTS TO NOTE:

- If you suffer from an existing condition, please consult your health care practitioner before beginning.
- If you feel pain, stop or back off the stretch.
- Remember to breath as you stretch.