

5 Moves for a Full-Body Stretch

Get the kinks out, ease aches, and feel better all over with this stretch routine from Sharecare fitness expert Wendy Batts. It especially targets hips and shoulders.

How to do it: Warm up by marching in place for a few minutes while swinging your arms. Perform the stretches in order, holding each one for 30 seconds, then do the routine a second time (optional).

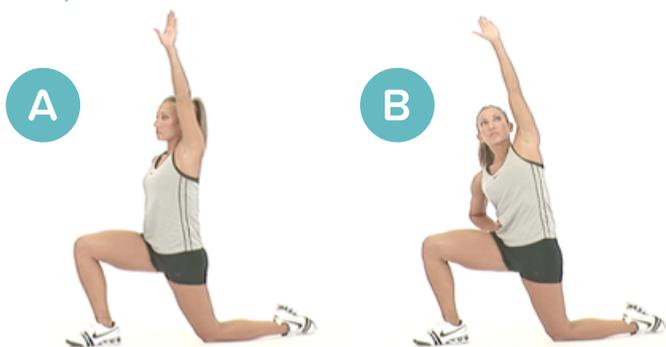
How often: Every day

Equipment needed: Wall, stability ball or chair

Calories burned: Around 43 per 15 minutes*

*based on 150-lb person

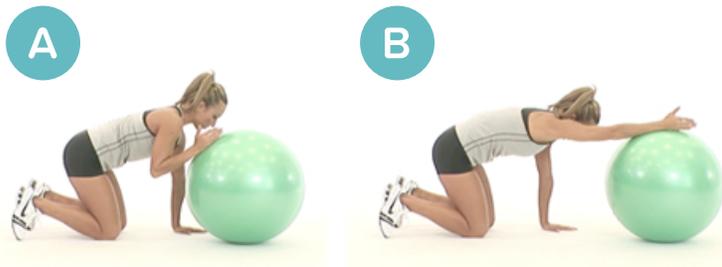
2. KNEELING HIP FLEXOR STRETCH



Kneel upright, hands on hips. Bring right foot forward, knee bent to 90 degrees. Tighten butt muscles and shift body forward while raising left arm toward ceiling.

Tilt torso to the right, then gently twist to the left until you feel a stretch in the front of your pelvis. Return to starting position. Repeat on opposite side.

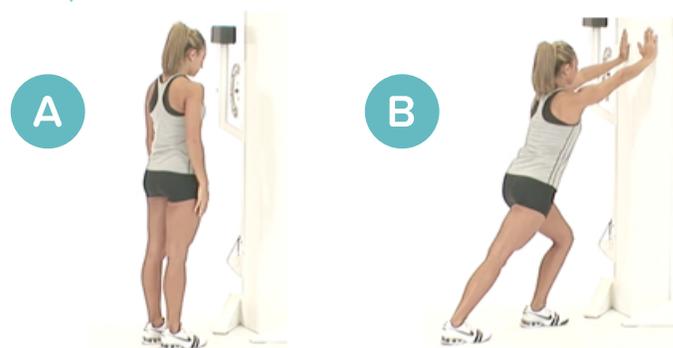
4. KNEELING LAT STRETCH



Kneel in front of a stability ball with right hand on ball, right thumb pointed toward ceiling, left hand on floor below left shoulder.

Without moving the rest of your body, roll ball forward until right arm is straight and you feel a stretch in your right side and back. (Don't have a ball? Place hand on a chair and lower hips until you feel the stretch). Return to starting position. Repeat on opposite side.

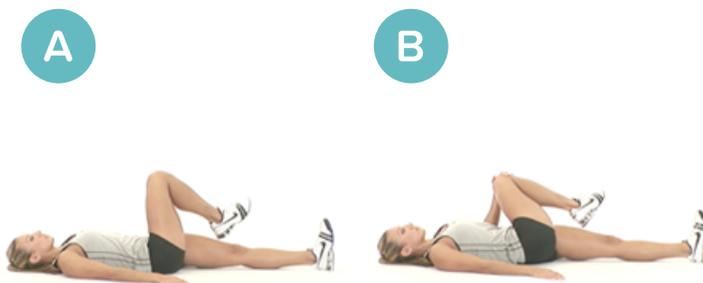
1. WALL CALF STRETCH



Stand facing a wall with feet hip-width apart.

Step left foot forward and right foot back. Place hands against the wall at about shoulder height. Push into wall, leaning forward so left knee comes over 2nd and 3rd toes of left foot and you feel a stretch in your right calf. Return to starting position. Repeat on opposite side.

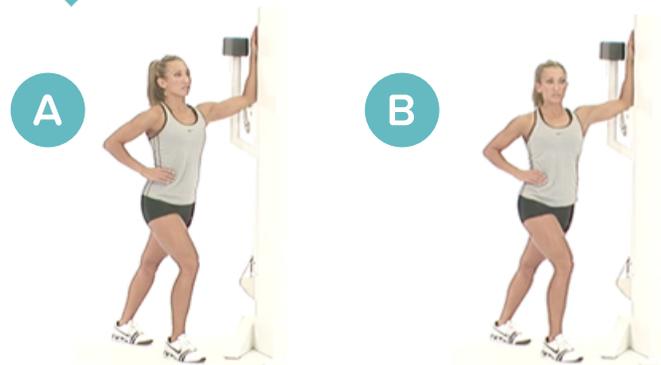
3. LYING PIRIFORMIS STRETCH



Lie on your back with legs straight, arms by your sides. Bend right knee and draw it toward you.

Bring left hand to right knee and gently draw right knee across body to left. Return to starting position. Repeat on opposite side.

5. DOORWAY CHEST STRETCH



Stand in a doorway with your left leg back, right leg forward. Bend left arm to 90 degrees and place forearm against wall or doorframe to your left so upper arm is parallel to the floor. Slowly shift weight forward.

Twist torso gently to the right until you feel a stretch in your chest and shoulder. Return to starting position. Repeat on opposite side.