

Stand with your back, head, and glutes against a wall. Bend your elbows to 90 degrees in a goalpost shape. Slowly slide your arms up while keeping your lower back and arms touching the wall. Do 2 sets of 10 slow repetitions daily.





Sit or stand tall and look straight ahead. Glide your head straight back without tilting your chin up or down. Create a double-chin effect, hold for 3-5 seconds, and relax.







Place your hands behind your neck.
Lengthen your spine and keep both feet
planted. Inhale and stretch your upper
back over the chair. Exhale and return
to tall sitting. Repeat 5-6 times.



Lie face down with your thumbs pointing up.
Move your arms through Y, T, and W positions,
lifting your hands slightly off the ground each time.



Stand beside a wall or inside a doorway.
Place one forearm flat against the surface,
with your elbow bent to 90 degrees near
shoulder height. Gently turn your body away
until you feel a comfortable chest stretch.
Hold 20-30 seconds, then switch sides.



Sit or stand tall. Draw your shoulder blades back and down as if holding a pencil between them. Hold for 3-5 seconds, then release slowly.

