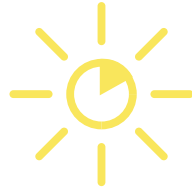


FORMA | GYM



MORNING EXERCISE

Benefits + Techniques

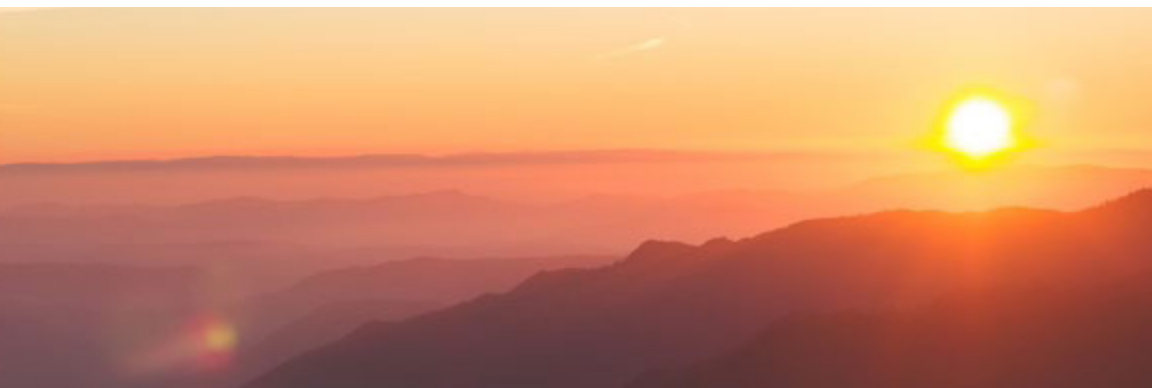


10 MINUTES IN THE MORNING WILL FUEL YOUR ENTIRE DAY

3 Staple Morning Movements

Many people these days struggle with lack of energy throughout their day. Life is moving at a rapid pace and finding time for yourself is often super challenging -- especially with the “on demand” nature of technology. The good news is that we have a few staple morning exercises for you to help kick-start weight loss, increase your energy levels and set the right tone for the rest of your day.

Starting your day off with just a few minutes of intentional movement can go a long way in setting you up for success and helping to create a positive outlook for the rest of your day.



3 REASONS TO GET UP & MOVING IN THE MORNING

1. Kickstart Your Weight Loss

Exercising in the morning before breakfast mimics a fasting state which can assist in kick-starting weight loss. If you tend to have lower blood sugar, eat a handful of almonds or half an energy bar 10-15 minutes before you start.

2. Take Advantage of “You Time”

Before the day begins and life starts demanding your attention, dedicate a few moments to yourself...you deserve it!

3. Increase Overall Energy Levels

Starting your day off with just a few minutes of intentional movement can go a long way in setting you up for success and helping to create a positive outlook for the rest of your day.



3 DAILY MORNING MOVEMENTS

Awake | Refreshed | Energized

(2 Sets of 10 on Each Side)

Standing Crossover Toe Touches

Stand tall, feet wider than hip-width. Stretch arms wide, then reach down touching opposite hand to opposite foot, exhale. Stand up tall with wide arms on your inhale, and repeat on the other side.

Watch a Video Tutorial »

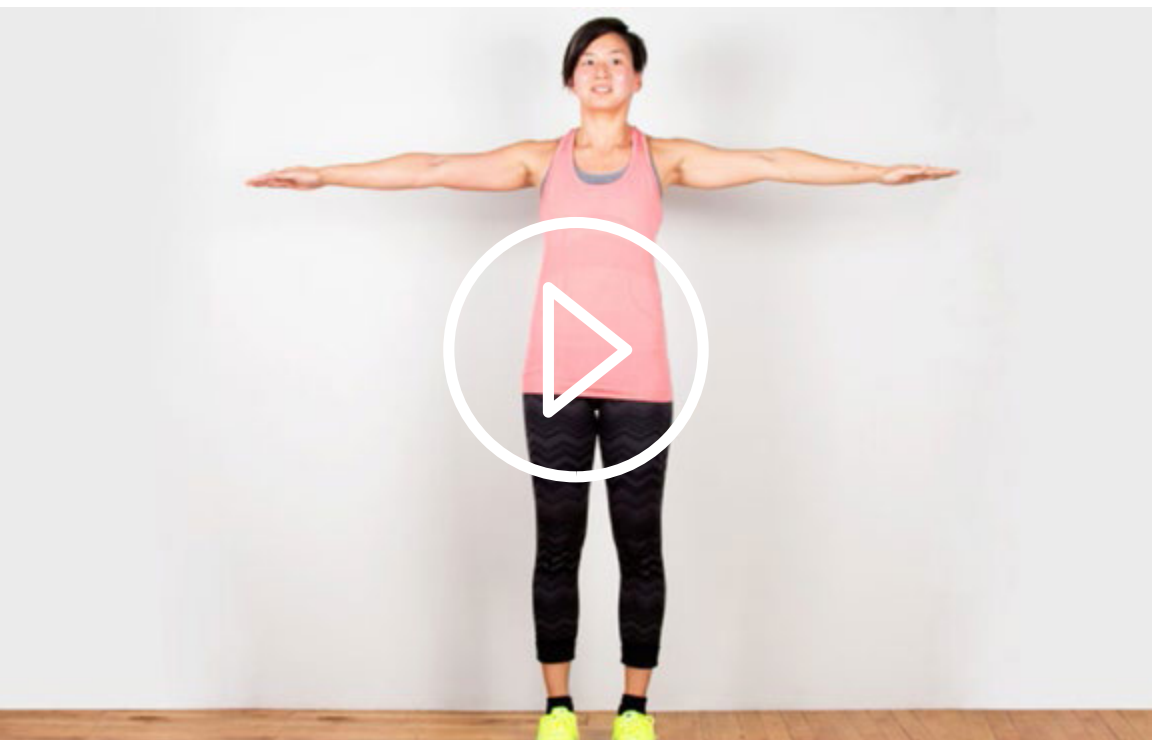


(2 Sets of 10 Circles Each Direction)

Arm Circles

With feet hip-distance apart, stand tall with arms held out parallel to the floor. Slowly start drawing small circles with finger tips. Breathe normally and continue this movement for 10 seconds before reversing directions.

Watch a Video Tutorial »



(2 Sets of 10 Repetitions)

The Cat-Cow

Get down on hands and knees (use a towel or blanket under knees for more comfort). Knees should be hip-width apart and bend at a 90-degree angle with palms laid flat. Lift head and chest gently, creating a curve in your back. Hold here (this is “cow”). Slowly lower head between shoulders and arch back towards the ceiling. Hold here (this is “cat”) for a breath.

Cat + Cow = One Repetition

Watch a Video Tutorial »

