



WELLNESS MATTERS: EXCERSISE WARM-UPS TO
START YOUR DAY

DR. BRIAN BIRD D.C.

1. Leg swings 10 times each front to back and side to side
2. Standing body twist combined with arm swing. 10 reps
3. Front and back arm swings 4 reps followed by huggers 6 reps
4. Squat stance 10 to 20 reps
5. Lying (ideally) or standing spine twist- mimic a Heisman pose. Hold for at least 4 breaths
6. Seated spine twist at least 4 breaths
7. Bruegger's stretch - 3 sets of 2 breaths each. Do this one throughout the day-See the video on our website.