



Tall stretch

A big morning stretch: reach up tall and rise onto your toes. Wakes up the whole body and practises your balance.



1 Stand tall

Near a chair or wall.



2 Reach up

Breathe in as you lift.



3 Up on your toes

Hold, then lower together.

The beat 2 seconds up, hold for 3, 2 seconds down. 6 stretches is one set.

How to do it

1. Stand tall, feet hip-width apart, near a wall or chair in case you wobble.
2. Breathe in as you raise both arms in front of you and up overhead.
3. At the same time, rise up onto your toes and reach for the ceiling.
4. Hold for three seconds, standing as tall as you can.
5. Breathe out as you lower your arms and heels together.

Make it fit you

Easier

Keep your heels on the floor and just reach up.

Harder

Hold at the top for five seconds.

Balance

Have a chair or wall within reach. Stop if you feel dizzy.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/tall-stretch/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.