

Fitness Tips: How to Stretch In the Morning



By [Haley Lerner](#)

Waking up in the morning can be tough, especially if it's early! A great way to increase your energy levels is to start your day by stretching. Stretching is proven to prevent injury and relieve pain by increasing your range of motion, taking pressure off of your joints, and preparing you to exercise so you can get that [celebrity body](#) you've been dreaming of. It also improves circulation to your muscles, helping your body recover faster. Plus, it helps to relieve stress so you can unwind and calmly start your day. But, while stretching in the morning, you want to make sure you're doing it right! We've got some [fitness secrets](#) to help you stretch properly in the

morning.

Check out these fitness tips to help you stretch the right way!

1. Warm up: Before you start stretching, it's important your body is ready for the task. If you stretch right when you wake up, you have an increased risk of getting injured. This is because while you're asleep, your spine swells with fluid, so it's vital to warm up first to prevent muscle strain. Try doing jumping jacks or walking around your home for 10 minutes to get your body ready to stretch.

2. Form a routine: If you want to make stretching a part of your daily schedule, putting together a routine will make the practice easier to manage. Find what muscles in your body feel tight and target those areas. Creating a routine means doing the same stretches daily, therefore increasing your flexibility in those focus areas.

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3. Don't hold your breath: When stretching, it's important you aren't holding your breath, as this will result in your muscles tensing. Instead, try to relax and focus on exhaling longer than you inhale. The breathing itself will help calm you, and it's sometimes helpful to practice deeper breathing by meditating as well.

4. Make sure you're not in pain: While a subtle pulling sensation can be good and show that you are properly stretching your muscles, you want to make sure you don't feel any sharp pain. If you feel a significant amount of pain, it's important to stop what you're doing. You definitely don't want to injure or irritate a problem area.

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5. Cool down: After stretching, it's important to give your body a rest. Drink some water to replenish your body and focus on stabilizing your breathing. You'll feel much looser, which is the goal, but wait a few minutes before plunging into your workout routine.

**Do you have any additional tips for stretching in the morning?
Comment them below!**