

5 Wellness Benefits & Practices

in 5 Minutes



5 Key Benefits

Improves mental health



Lowers blood pressure and blood sugar levels



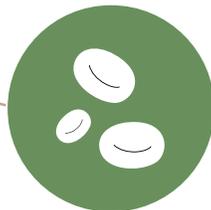
Helps relieve stress



Improves circulation



Helps control blood sugar and improve insulin sensitivity in the cells



5 Key Stretches



Seated Chest Stretch (1 min)
Inhale and arch your back, opening the chest and lifting the chin slightly. Exhale and round your back, drawing your chin toward your chest.



Seated Forward Bend
Pressing feet into the ground, slowly slide your arms down your legs, press your hips back into the chair and relax your head down as you stretch your back (1 min)



Seated Spinal Twist
Slowly and gently twist your torso and turn your neck and your head if able to the right and then to the left to help stretch the sides of your spine (30 sec on each side)



Legs on the Chair
This pose allows gravity to pull any built-up fluid from your legs down toward your pelvis and torso. It increases flexibility in the back of your legs and eases fatigue and pain (1 min)



Last Breath Meditation
Last Breath Meditation based on Psalm 144:4.

Repeat

- ✓ I am a breath (3 times)
- ✓ I am a breath passing through (3 times)
- ✓ I am a breath passing through the Lord's nostrils (3 times)

(1 min).

