

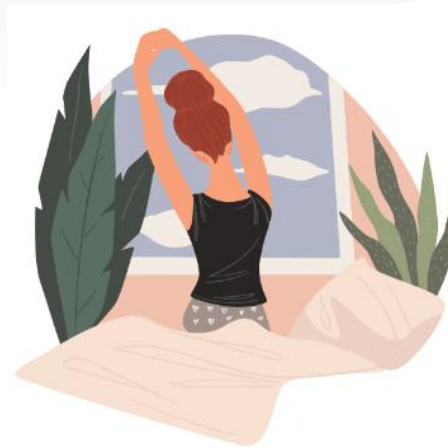


Remote  
Health

# Course Materials

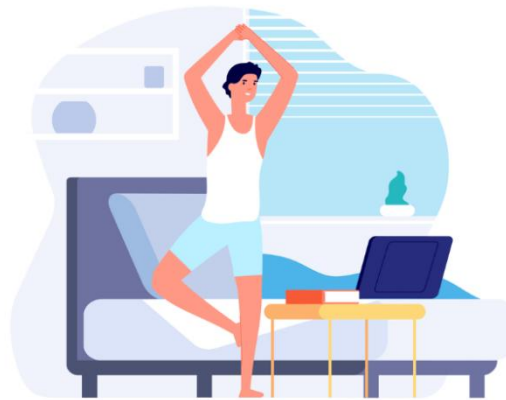
## Fit for the day

**Start the morning without tension!**

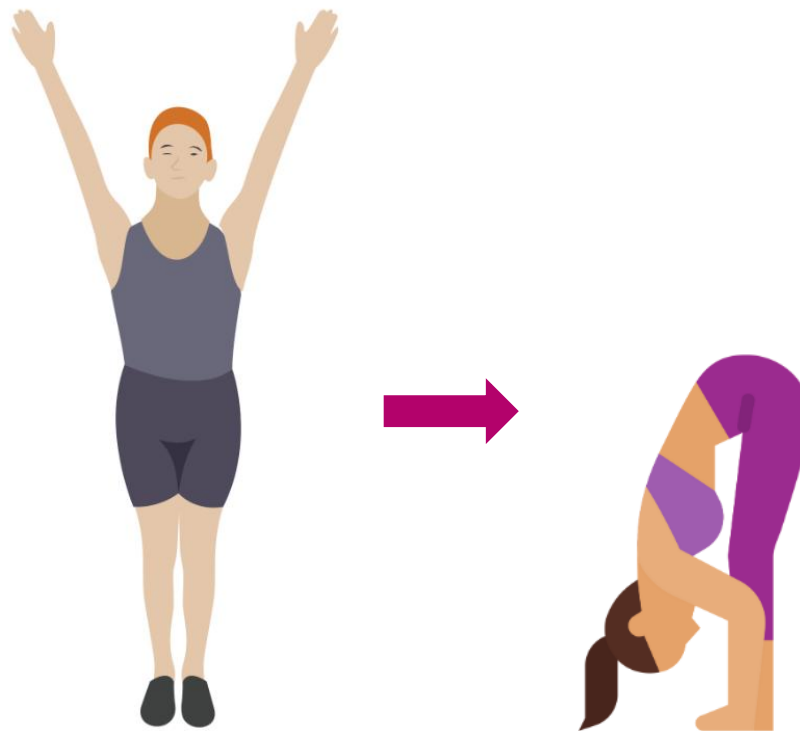


## Contents

- **Sequence of (stretching) exercises for independent performance**



- 1 Inhale deeply and stretch arms to ceiling, then exhale and bend down until you feel a good stretch (3-5 reps)



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- 2 Swing your upper body loosely from side to side, and let your arms hang relaxed (10 reps.)



3

Aeroplane: Tension the arms, step back with the left leg, (keeping your weight on the front leg) and turn to the right. Come back to the middle, step back with the right leg and turn to the left (10 reps)



4 Open up your chest: Alternately stretch your arms up (3-5 reps per side)



- 5 Side Stretch: Stretch your right arm over your head and lean to the left then do the same with the left arm and lean to the right (3-5 reps per side)



**6** Alternately pull your knees towards your abdomen with your hands (3-5 reps per side)

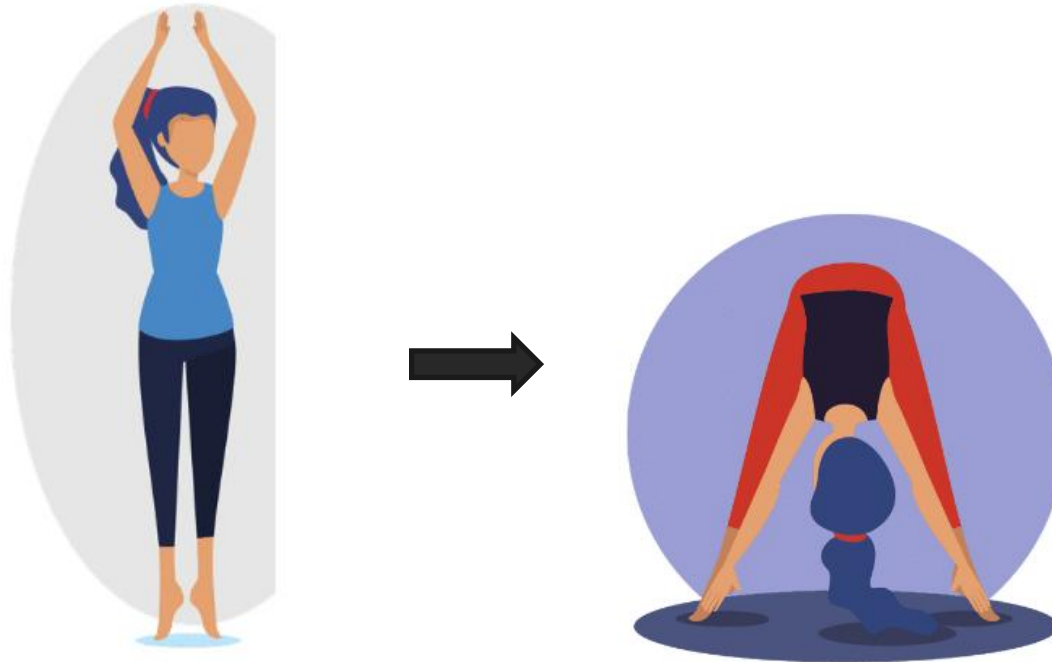




**7** Squat with your arms up, push up on your toes with your arms down (3-5 reps)



- 8 Inhale deeply and stretch your arms to the ceiling, then exhale and bend forward as far down as you can, until you feel a good stretch (3-5 reps)



**With this morning routine you get your body ready  
to start your day!**



## Sources:

1. Schad, N.; Kaufmann, K.; Brammer, M.; Götzfried, S.; Pappe, V.; Köhler, C.; Mössnang, D. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Broschüre, Technische Universität München]. <https://drive.google.com/file/d/14WWBSzSyGuRIlg9sC2lc85tmfYm2A1qd/view?usp=sharing>

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