

## 5-Minute Joint-Friendly Routine

This short routine is designed to keep your joints healthy, improve flexibility, and reduce stiffness—without high-impact moves. Perfect for mornings, breaks during the day, or whenever your body needs a gentle reset.

### 1. Neck Rolls (30 seconds)

Sit or stand tall. Slowly roll your head in a circle, 15 seconds clockwise, 15 seconds counterclockwise.

### 2. Shoulder Rolls (30 seconds)

Gently roll shoulders forward for 15 seconds, then backward for 15 seconds.

### 3. Wrist Circles (30 seconds)

Extend arms in front. Rotate wrists in a circular motion for 15 seconds each direction.

### 4. Seated Knee Extensions (1 minute)

Sit tall in a chair. Straighten one leg, hold for 2 seconds, then lower. Alternate legs for 1 minute.

### 5. Ankle Circles (1 minute)

Lift one foot off the floor and rotate the ankle for 30 seconds each direction. Switch feet.

### 6. Seated Torso Twist (1 minute)

Sit tall, feet flat. Twist gently to the right, hold for 3 seconds, then left. Continue alternating.

### 7. Calf Raises (1 minute)

Stand behind a chair for support. Lift heels, rise onto toes, hold for 1 second, and lower slowly.

Aim to do this routine once or twice a day for best results. Remember: consistency matters more than intensity.