



Car Ride Mobility Plan



WHILE SITTING
(DO THESE EVERY 30-45 MIN)

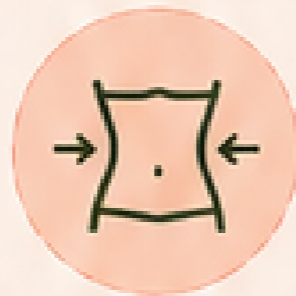
These are subtle — you can do them while driving safely.

1 GLUTE SQUEEZES



- ♥ Tighten glutes for 5 seconds
- ♥ Relax
- ♥ Repeat **10-15** times

2 CORE BRACING



- ♥ Lightly brace your abs (like preparing for a punch)
- ♥ Hold 5-10 seconds
- ♥ Repeat **5-10** times

3 SHOULDER ROLLS



- ♥ Roll shoulders back slowly
- ♥ **10 reps** every so often

4 NECK MOBILITY



- ♥ Gentle side-to-side turns
- ♥ Small range only (stay safe while driving)
- ♥ Avoid big tilts

KEY RULES (THIS IS WHAT ACTUALLY MATTERS)



Don't try to be perfect — just don't stay frozen for hours



Prioritize hips + chest + posture



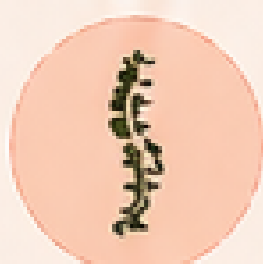
Even 3 minutes > doing nothing



If something feels tight, spend extra time there

*Small breaks.
Big benefits.
Better you.*

IF YOU TEND TO GET PAIN:



LOWER BACK PAIN → Focus on hip flexors + glutes



KNEE STIFFNESS → Move more often, don't stay locked



NECK/SHOULDERS → Chest opener + posture reset is critical

♥ Move often. Feel better. Arrive stronger. ♥



Car Ride Mobility Plan



STANDING MOBILITY (2-4 MINUTES TOTAL)

1

HIP FLEXOR STRETCH (KEY FOR SITTING)



- ♡ Step one foot back
- ♡ Slight bend in front knee
- ♡ Tuck pelvis under (important)
- ♡ Hold 20-30 sec each side



2

HAMSTRING STRETCH



- ♡ One heel slightly forward
- ♡ Hinge at hips (don't round back)
- ♡ Hold 20-30 sec each side



3

CHEST OPENER (FIXES DRIVING POSTURE)



- ♡ Clasp hands behind your back
- ♡ Lift slightly and open chest
- ♡ Hold 20-30 sec



4

TORSO TWISTS



- ♡ Slow rotations side to side
- ♡ Keep it controlled, not jerky
- ♡ 10-15 reps



♡ MOVE MORE. FEEL BETTER. ARRIVE STRONGER. ♡

♡ Small breaks. Big benefits. Your body will thank you! ♡



Car Ride Mobility Plan



EVERY 60-90 MINUTES
(NON-NEGOTIABLE STOP)



Even 3-5 minutes makes a huge difference.

1

WALK + RESET (1-2 MIN)



WALK
around
the car



Get the blood flowing.



SHAKE OUT
arms and
legs



Release tension and wake up your body.



STAND TALL
(undo the
slouch)



Open your chest, lift your posture, reset your body.



LITTLE STOPS. BIG IMPACT.



Moving regularly on long drives helps **reduce stiffness**, **improve circulation**, and keep your body **feeling great**.

Strong Body. Happy Joints. Better You. ❤️