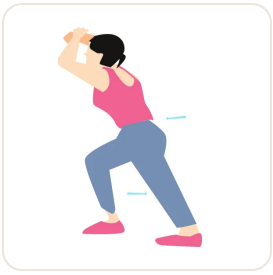
Stretch Minute stretchminute.com

6 stretches for chefs, retail and anyone on their feet all day

About 5 minutes | 6 stretches | Standing, seated or kneeling | uses a wall

When: On a break, after a shift, or as soon as you get home. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Calf Stretch

20 s each side

Face a wall, one foot back with the heel down and the knee straight. Lean in until your calf stretches.



2. Standing Quad Stretch

20 s each side

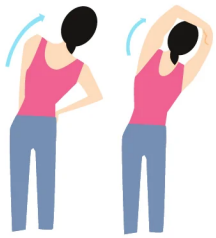
Stand tall, holding a wall if you need to. Bend one knee and draw the heel toward your seat.



3. Standing Outer Hip Stretch

20 s each side

Cross one foot over the other. Push the back hip out to the side and lean away from it.



4. Standing Side Bend

20 s each side

Feet hip-width apart. Raise one arm and bend gently to the opposite side without leaning forward.



5. Shoulder Rolls

30 s

Roll your shoulders forward in big circles, then backward. Keep your arms relaxed.



6. Hip Flexor Stretch

25 s each side

Kneel on one knee with the other foot in front. Press your hips gently forward, keeping your torso upright.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "On Your Feet All Day" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com /r/standing_all_day

Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

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