

1. Morning Movement Ritual

Start your day with a simple mobility routine. It doesn't have to be long—5 to 10 minutes is enough. Focus on dynamic stretches to warm up your joints and muscles:

- **Cat-Cow Stretch:** Loosens up your spine and hips.
- **World's Greatest Stretch:** Targets your hip flexors, hamstrings, and spine.
- **Deep Squat Hold:** Sit in a deep squat (as deep as is comfortable) for 20–30 seconds, holding onto something sturdy if needed. This will work wonders for your hips and knees over time.

2. Targeted Flexibility Work

Your left hip and knee need some focused attention. Add these a few times a week:

- **Couch Stretch:** Kneel with your left foot on the ground and your left knee close to a wall, with your left shin against the wall. Push your hips forward to stretch your hip flexor and quad.
- **Figure Four Stretch:** Sit on the ground, cross your left ankle over your right knee, and gently press your left knee outward to open up your hip.
- **Lying Hamstring Stretch:** Lie on your back and loop a band or towel around your left foot. Keep your leg straight and gently pull it toward you.

3. Strengthen Your Weak Points

Flexibility and strength go hand in hand. To improve your range of motion, strengthen the muscles around your hips and knees:

- **Glute Bridges:** Strengthen your glutes and open up your hips.
- **Step-Ups or Box Step-Ups:** Build leg and hip strength while improving functional movement.
- **Side-Lying Leg Raises:** Strengthen your abductors, which can help stabilize your hips and knees.

4. Get On the Floor More

Spend time sitting on the floor in different positions, like cross-legged or kneeling. This naturally improves flexibility because it forces you to use your hips and knees in their full range of motion. Over time, you'll find it easier to move around.

5. Nutrition and Recovery

It's great that you're back on carnivore—your joints and inflammation will likely benefit from the lack of processed carbs and seed oils. To complement this, make sure you're:

- Staying hydrated: Add a pinch of salt to your water if needed.
- Getting plenty of collagen-rich foods like bone broth, or consider a collagen supplement to support joint health.

6. Daily Practice

Consistency is key. If you can commit to even 5 minutes a day of focused mobility work, you'll notice a significant improvement in just a few weeks. Pair this with losing the belly fat, and you'll move much more freely.

Lastly, don't hesitate to listen to your body. If something feels off or painful, back off and reassess. Flexibility can be rebuilt at any age, and it sounds like you're already taking steps in the right direction by addressing your health and diet.