

The 5-Minute Mobility Routine You Can Do Anywhere

Our current workforce means we spend long hours sitting, typing, or glued to our phones—and our bodies feel it. Stiff wrists, tight hips, and sluggish ankles don't just affect comfort; they affect how we move, sleep, and simply exist. The good news? You don't need a full workout or a trip to the gym to give your body the reset it needs. All it takes is five minutes of **intentional mobility**.

Here are quick, simple routines you can sneak into a coffee break, between emails, or while your lunch is heating up.

1. Wrist Reset

Why it matters: Wrists bear the brunt of typing, scrolling, and something as simple as turning a doorknob. Improving their mobility helps reduce stiffness and the likelihood of injury.

Try this:

- Make 10 slow circles in each direction with both wrists.
- Press your palms together (prayer stretch) and gently lower your hands to feel a stretch in your forearms.
- Flip your palms down on a desk, fingers pointing toward you, and lean gently forward.
- Keep your palms down, spread your fingers like a tree frog, and slowly try hovering each finger one at a time

2. Ankle Wake-Up

Why it matters: Ankles are our foundation. Limited mobility here can throw off balance, posture, and fluidity in dance and daily movement.

- While seated, “write” the alphabet in the air with each foot. Option to use your hands to support your leg if you'd like.
- Do ten slow heel raises, then rock back onto your heels to lift your toes.
- Roll a tennis ball or water bottle under your arches for 30 seconds each foot.

3. Hip Opener

Why it matters: Sitting locks our hips into flexion, limiting range of motion and impacting how freely we can walk or squat.

- Stand and make 5 big circles with each leg, drawing with your knee as the focal point.
- Cross one ankle over the opposite knee while seated (“figure four”) and hinge forward slightly.
- Take a short walk down the hallway with exaggerated hip extension.
- For opposition, don’t neglect hip internal rotation practices as well.

4. Shoulder & Spine Release

Why it matters: Rounded shoulders and stiff spines restrict breathing and expression. Unlocking these areas helps with posture for daily life.

- Reach your hands behind your back, one from above and one from below, aiming to bring them toward each other. Focus on shoulder mobility—not sacrificing or collapsing your spine. If the stretch feels too intense, place a yoga block (or even a strap/towel) between your hands to bridge the gap and ease into the movement.
- Do 5 gentle seated twists, turning side to side in your chair.
- Lean into a doorway, arms wide, to open your chest.

5. Breathe Reset

Why it matters: Movement without breath is incomplete. A mobility break is also a nervous system break.

- Inhale deeply for 4 counts, expanding ribs.
- Hold for 2 counts.
- Exhale for 6 counts, allowing shoulders to soften.
- Repeat 3 times.

Mobility isn’t about big, sweaty workouts—it’s about the little choices we make throughout the day to keep our bodies adaptable, aware, and ready for anything. When you treat mobility as bite-sized micro movements, you’ll find your energy improves, stiffness fades, and you walk back to your desk with a sense of reset.

Because wrists, ankles, hips, and spine deserve TLC just as much as the big muscle groups.