

**EXHAUSTED TO ENERGIZED**

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*PART II*

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**FOUNDATIONAL STRETCHING**



**DR GIL DESAULNIERS**

# EXHAUSTED TO ENERGIZED-PART II

## FOUNDATIONAL STRETCHING

**Caring for your foundation allows you to take control of your life.**

Being a parent, a spouse, coworker, friend.... shoot, just being a human, there are a lot of demands and expectation for you to keep up with. After running around all day (sometimes physically and sometimes just mentally), how do you feel? You feel exhausted. You feel tension, aches, pain... and sometimes just 'done' with it all.

**Your emotional health has a direct effect on your physical health.**

But what if we can turn the tables and actually have our physical health positively impact our mental and emotional health?

In Exhausted to Energized Part I, we discussed CORE BREATHING. By doing the simple practice you learnt in that book, you should have already begun to feel the positive difference. If you apply simple and consistent action, you can have a meaningful impact on your energy, patience and overall health. (If you haven't noticed the deep benefits of doing the CORE BREATHING practice, keep doing it. It works, you may simply need more practice to work through the built up layers of stress and tension).



With CORE BREATHING in play on a regular basis during the day, you are now ready for Part II. This practice does require a little more time, like 10-15 minutes, but it is totally doable. This practice is so beneficial that I'll even tell you to go to bed 15 minutes later, even when it's super late and you're tired. The positive impact this will have on your quality of sleep, your physical tension and mental stress is worth it.

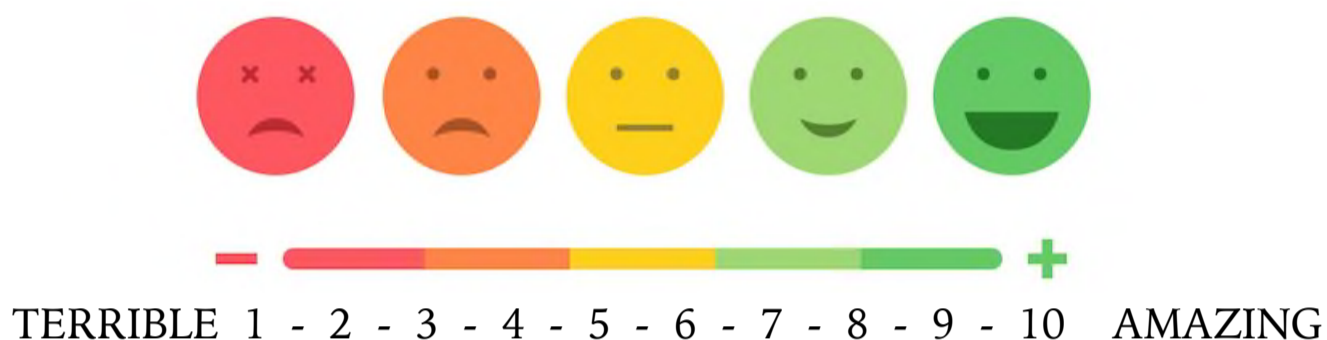
Part II is all about FOUNDATIONAL STRETCHING.



**Caring for your foundation allows you the ability, capacity and tools necessary to take control of the rest of your life.**

**Can you ever move past ‘surviving the day’, when your body is tight, stressed and hurting?**

In short, you can't. Nothing else matters when you don't have your health. I'm not just talking about when you have a terminal illness or you're living with chronic pain. Even though these are very eye opening moments for people and you finally 'get' just how true that statement is. I'm talking about you and how healthy your body is, right now. Where are you on a scale from chronic illness and pain to optimal/peak all around health?



Where ever you ranked yourself, think about what would be possible if you moved up by only 2 points? How would you sleep? What kinds of activities would you be doing? How much happier and grateful would you be? On the surface, it can seem like only a simple shift, but when you really look at the positive impact it can have on your overall life, it's huge. And you deserve to experience that (and your family wants to see you that way too)!

**If you're ready and committed to make the simple changes to achieve it, let's go!**

Here are the 5 FOUNDATIONAL STRETCHING zones you'll be committing to:

- 1)PSOAS
- 2)GLUTES
- 3)HAMSTRINGS
- 4)SHOULDERS
- 5)SPINE

**By addressing these 5 FOUNDATIONAL STRETCHING zones, your body will begin to feel more energized during the day and relaxed in the evenings.**

Let's break them down and go over the simple stretches.

### PSOAS - 'Forward Lunge Stretch'

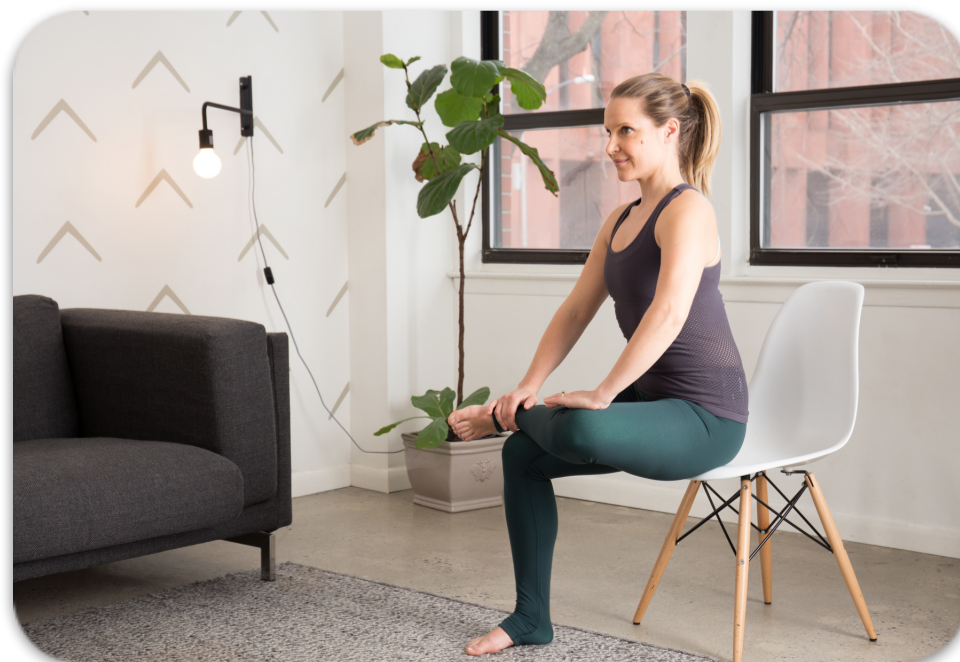
- Begin in a kneeling position with left knee in front of the right, at 90 degree angle.
- Now tilt your pelvis posteriorly (Bring your tailbone forward).
- Lean slightly forward until you feel a stretch in your right hip flexor (psoas).
- Hold the stretch for 30 seconds and then repeat on the other side.
- Do 2-3 reps on each side.

*\*Do not arch your back when you do this. Keep your pelvis tucked in.*



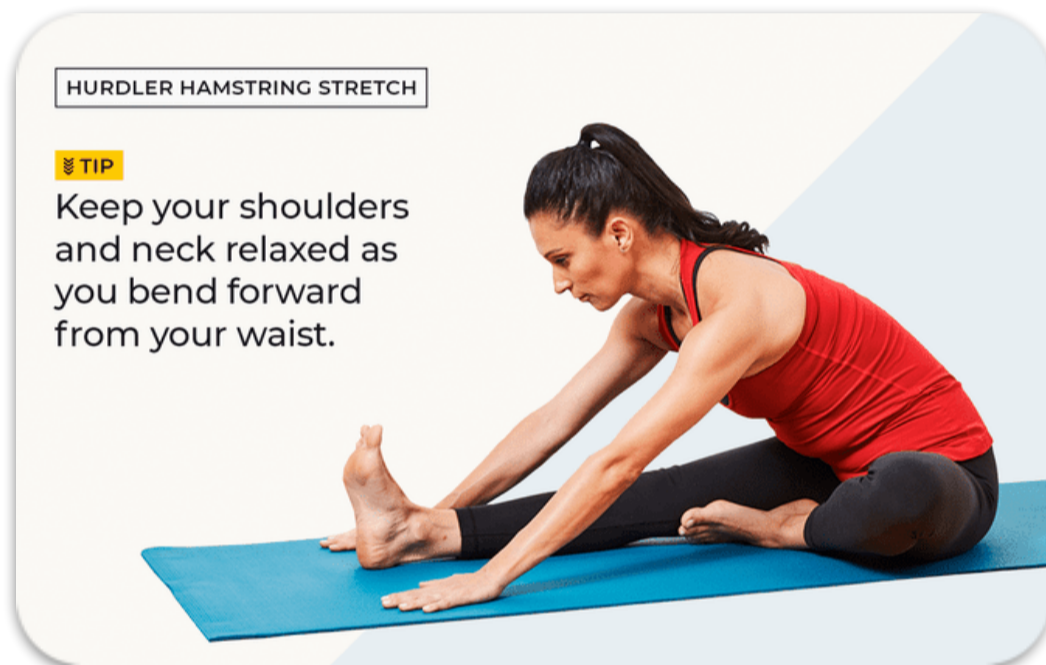
### GLUTES - 'Seated Figure Four'

- Sit upright in a sturdy chair. Place your right ankle on your left thigh, just above your knee. Place your hands on your shins.
- Keeping your spine straight, lean slightly forward to deepen the stretch.
- Hold the stretch for 30 seconds and then repeat on the other side.
- Do 2-3 reps on each side.



## HAMSTRINGS - 'The Hurdler'

- Sit on the floor with one leg out straight.
- Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh.
- Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible.
- Hold the stretch for 30 seconds and then repeat on the other side.
- Do 2-3 reps on each side.



## SHOULDERS - 'Reaching Back on the Floor'

- Lie down on your stomach
- Reach your left arm out towards the left (t-shape) so that the wrist, elbow, and shoulder are aligned with each other.
- Roll over onto your left side body as far as it's comfortable.
- Rest your right hand in front of your chest as you hold the pose.



- Hold the stretch for 30 seconds and then repeat on the other side.
- Do 2-3 reps on each side.

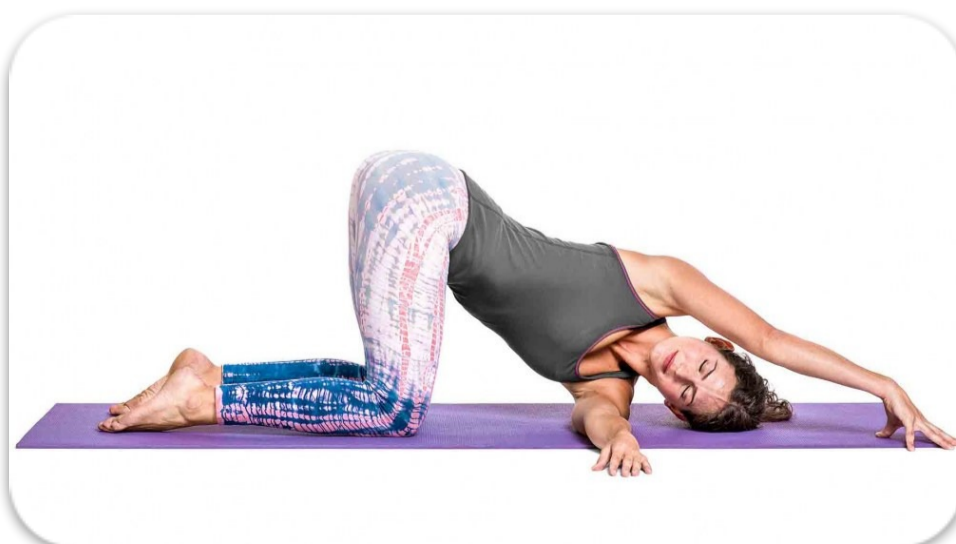
### **SPINE - 'Do The Twist'**

- Lie back on the floor with bent knees and feet flat on the ground.
- Keeping the shoulders firmly on the floor, gently roll both bent knees over to one side.
- Hold the stretch for 30 seconds and then repeat on the other side.
- Do 2-3 reps on each side.



### **SPINE - 'Thread the Needle'**

- Start on all fours with your shoulders aligned over your wrists and hips over your knees.
- Reach your right arm underneath your left shoulder, "threading the needle" as you lower your right shoulder.
- Hold the stretch for 30 seconds and then repeat on the other side.
- Do 2-3 reps on each side.



Now that you know the stretches, it's time to do them ;-)

I know some people still like to say, "That's too easy"... but if something easy is done consistently, it will give you FAR BETTER results compared to not doing something that's more complicated.

**Remember, knowledge without application is not power... it's useless.**

The key here is to do it. These FOUNDATIONAL STRETCHING zones cover the entire body. They also set up a solid foundation for you to feel ease in your body. It also allows you to create a deeper relationship with your body by checkin in with it and becoming aware and in-tune with how it's feeling and moving.

Ideally these stretches are done in the morning as well as in the evening. But in an effort to keep it simple and practical to get started, begin by doing them before bed. Combined with the CORE BREATHING practice, you are setting yourself up for an amazing night of restorative sleep.

Yours in Health,



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