HealthSecrets

2026 EDITION · FILLABLE A4

FREE QUICK-START · MOVEMENT

The 10-Minute *Morning Mobility* Routine

Eight joint-by-joint drills in a fixed ten-minute order, with doses, easier versions and a stop-pain rule, and a 30–morning grid that counts itself.



8	10 min	1	30
DRILLS	A MORNING	STOP RULE	MORNINGS

MOVEMENT · FREE ROUTINE

The 10-Minute *Morning* Mobility Routine

Eight joint-by-joint mobility drills in a fixed ten-minute order, with doses, easier versions and a stop-pain rule, built for stiff mornings rather than gym sessions, plus a 30-day grid that counts your mornings.

8	10 min	1	30
DRILLS	A MORNING	STOP RULE	MORNINGS
head to ankle, in order	before coffee	for sharp pain	counted on the grid

How to use this routine

10 MINUTES A MORNING

STEP 1

Clear a small space

About 3 by 3 feet next to the bed, before coffee. The cue is the routine; the routine is the habit.

STEP 2

Run the eight drills in order

Ten minutes total. The drill table gives reps, hold times and what each should feel like.

STEP 3

Apply the stop-pain rule

Stretch and effort are fine; sharp, pinching or radiating pain is a stop. Substitute the regression listed, never push through.

STEP 4

Tick the 30-day grid

Consistency beats depth. A shallow routine done daily outperforms a perfect one done twice a week.

CHECK FIRST IF ANY OF THESE APPLY

Recent joint replacement or fracture, an acute injury, inflammatory arthritis in flare, or new numbness, weakness or radiating pain. In those cases the routine is not wrong but the dose and easier versions are different: get them from your physical therapist or clinician before starting.

MORE FREE GUIDES ON HEALTHSECRETS.COM

FREE GUIDES, QUIZZES & TOOLS

INFLAMMATION

Exercise and Inflammation: Finding the Balance

Learn how exercise reduces chronic inflammation by 20–30%, why overtraining…

Read the guide →

LONGEVITY

Longevity Secrets: Science-Backed Strategies to Live

Discover evidence-based longevity strategies including the 12 hallmarks of aging, Blue Zon…

Read the guide →

LONGEVITY

Hormone Optimization for Longevity: Complete Guide

Complete guide to hormone optimization and aging. Learn about testosterone,…

Read the guide →

CHAPTER 01 · THE IDEA

Ten Minutes Before Coffee

3 SOURCES

Morning stiffness eases with movement. Gentle, full-range movement warms the tissues and takes each joint through ranges that a night in bed, and a day at a desk, leave unused. It takes minutes, not an hour.

Range of motion matters with age. Ankle, hip and mid-back range decline as we get older, and reduced ankle and hip range is linked with poorer balance and walking. Ten minutes a day maintains range; strength and balance work build on it.

Cartilage is fed by movement. Cartilage has no blood supply; it takes in nutrients as joint loading squeezes fluid in and out. Regular, comfortable movement is part of how joints stay healthy.

THE EVIDENCE BEHIND IT

CDC STEADI; SHERRINGTON ET AL., COCHRANE 2019
Falls are the leading cause of injury death in adults 65 and older; exercise that trains balance and strength reduces the rate of falls by about a quarter.

MENZ ET AL., J GERONTOL 2005
In older adults, ankle flexibility was among the foot measures that independently predicted balance and functional ability.

WHO GUIDELINES ON PHYSICAL ACTIVITY, 2020
Older adults are advised to do varied activity that emphasizes balance and strength on 3 or more days a week.

MORE FREE GUIDES ON HEALTHSECRETS.COM

FREE GUIDES, QUIZZES & TOOLS



FREE QUIZ

Heart Health IQ: Protect Your #1 Organ

Heart disease is the #1 killer worldwide. How much do you actually know about protectin…

Take the quiz →



LONGEVITY

Caloric Restriction for Longevity | Does It Work?

Caloric restriction extends lifespan 20–40% in animals. Learn about CR mechanisms,…

Read the guide →



LONGEVITY

CoQ10 for Longevity | Mitochondrial Support Guide

CoQ10 supports mitochondrial energy and heart health. Learn about age-related declin…

Read the guide →

MORE FREE GUIDES ON HEALTHSECRETS.COM

FREE GUIDES, QUIZZES & TOOLS



LONGEVITY

Sleep and Longevity | The Vital Connection

Sleep is critical for longevity. Learn optimal sleep duration (7–8 hours), why consistency…

Read the guide →



FREE QUIZ

Skin Health & Anti-Aging: What Actually Works?

The skincare industry is worth $180B. Can you tell which products and habits actually slow…

Take the quiz →



LONGEVITY

Autophagy: How to Activate Cellular Cleanup for Longevity

Discover how to activate autophagy through fasting, exercise, and lifestyle. Science-…

Read the guide →

Eight Drills, in This Order

10 MINUTES

#	DRILL	AREA	DOSE	SHOULD FEEL LIKE	EASIER VERSION
1	**Neck rotations and side-bends**	Cervical spine	5 slow reps each way	Easy glide, no grinding catch	Halve the range; stop at first pinch
2	**Shoulder circles + open-book**	Shoulder, mid-back	10 circles; 5 open-books a side	Warmth through the shoulder girdle	Circles only, smaller and slower
3	**Cat–cow**	Whole spine	8 slow cycles with the breath	Segmental wave, not one stiff hinge	Hands on a chair instead of the floor
4	**Ankle circles and alphabet**	Ankle	10 circles + one alphabet each foot	Full, quiet circles	Circles only; skip the alphabet
5	**Calf and soleus wall stretch**	Ankle, knee	30 s a side, bent and straight knee	Pull in the calf, not the Achilles	20 s, gentler lean
6	**90/90 hip switches**	Hip rotation	6 slow switches	Deep stretch in the front hip	Stay in one position, add a cushion
7	**Low lunge with rotation**	Hip, thoracic	3 a side, 3 s hold	Hip flexor and mid-back opening	Hand stays on the thigh, no rotation
8	**Supported deep-squat hold**	Ankle, hip, knee	30–60 s holding a doorframe	Comfortable pressure, easy breath	Higher hold onto a chair, shorter

THE STOP-PAIN RULE

Discomfort, stretch and effort are expected and fine. Sharp, pinching, clicking-with-pain or radiating sensation is a stop signal: drop to the substitution, and if it persists beyond a week or appears suddenly, book a physical therapist or clinician. Numbness or weakness is never part of a mobility routine.

MORE FREE GUIDES ON HEALTHSECRETS.COM

FREE GUIDES, QUIZZES & TOOLS



LONGEVITY

Intermittent Fasting for Longevity: Complete How-To Guide

Learn how intermittent fasting activates autophagy, mTOR inhibition, and sirtuins for…

Read the guide →



SUPPLEMENTS

MSM for Joint Health: Methylsulfonylmethane Guide

Discover how MSM (methylsulfonylmethane) supports joint health, reduces inflammation,…

Read the guide →



FREE TOOL

TDEE Calculator

Your Total Daily Energy Expenditure (TDEE) is the total number of calories your body burns…

Use the tool →

The Consistency Grid

COUNTS ITSELF

Tick each morning you did the routine, even a short version. Consistency beats depth: a shallow routine done daily does more than a perfect one done twice a week.

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐	Day 8 ☐	Day 9 ☐	Day 10 ☐
Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐	Day 15 ☐	Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐
Day 21 ☐	Day 22 ☐	Day 23 ☐	Day 24 ☐	Day 25 ☐	Day 26 ☐	Day 27 ☐	Day 28 ☐	Day 29 ☐	Day 30 ☐

MORNINGS DONE

MORE FREE GUIDES ON HEALTHSECRETS.COM

FREE GUIDES, QUIZZES & TOOLS



SUPPLEMENTS

Fisetin for Longevity | Senolytic Flavonoid Guide

Fisetin is a senolytic flavonoid that kills zombie cells. Learn about mechanisms, dosing…

Read the guide →



SUPPLEMENTS

Spermidine for Longevity: Autophagy-Inducing Compound

Discover how spermidine activates autophagy for longevity. Evidence-based…

Read the guide →



SUPPLEMENTS

Resveratrol for Longevity | Evidence-Based Guide

Is resveratrol the key to longevity? Explore sirtuin activation, bioavailability challenges,…

Read the guide →

MORE FREE GUIDES ON HEALTHSECRETS.COM

FREE GUIDES, QUIZZES & TOOLS



FREE TOOL

Water Intake Calculator

Water is the most essential nutrient — you can survive weeks without food but only days…

Use the tool →



IMMUNE SYSTEM

Exercise and Immunity: How Much Is Optimal? | Guide

Discover how exercise affects your immune system. Learn the J-curve, optimal workout…

Read the guide →



SUPPLEMENTS

Protein Supplements: Complete Guide for Health and Fitness

Evidence-based guide to the best protein supplements for 2026.

Read the guide →

NEXT STEP

From Ten Minutes to Thirty Days of Walking

COMPANION E-BOOK

This routine loosens the morning. **The 30-Day Walking & Mobility Planner** sets your starting point with one test walk, builds thirty days of walking from it, and adds four short routines that keep the joints you are loading comfortable.

A baseline walk

find your real starting point in one walk instead of copying a generic plan.

A 30-day progressive calendar

walking built on your baseline, progressing at the rate your joints tolerate.

Post-walk mobility routines

the companion drills that keep walking comfortable and compounding.

No 10,000-step mandate

targets derived from your baseline and the evidence, not an arbitrary number.

THIS FREE ROUTINE
✓ Eight joint-by-joint drills in a fixed 10-minute order
✓ Dose tables with substitutions for every drill
✓ The stop-pain rule and a 30-day consistency grid

THE PLANNER ADDS
✓ A baseline assessment so progression starts where you are
✓ A full 30-day progressive walking calendar
✓ Post-walk mobility work that protects the joints you are loading
✓ Evidence-based targets without the 10,000-step myth

FILLABLE PDF E-BOOK
Print it or fill it on screen; the calculators work in Acrobat and most browsers, plus a free online edition.

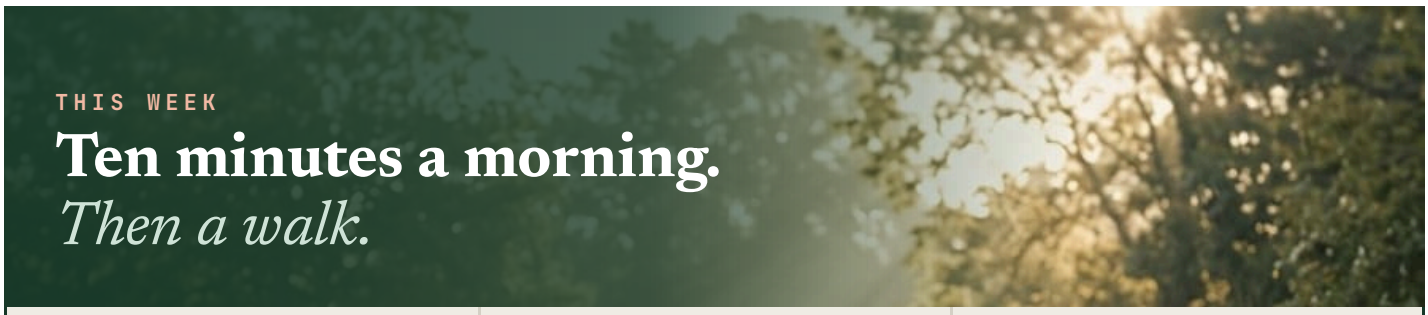
EVIDENCE-LED
Built on walking, falls-prevention and joint research, with sources. No miracle claims.

ONE-TIME PAYMENT
One payment, no subscription, instant download after checkout.

SEE THE WALKING PLANNER →

SOURCES · FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

CDC STEADI (Stopping Elderly Accidents, Deaths and Injuries); Sherrington C. et al., Cochrane Database Syst Rev 2019	Falls in older adults; exercise for falls prevention.
Menz H.B. et al., J Gerontol A Biol Sci Med Sci 2005	Ankle flexibility, balance and function.
WHO guidelines on physical activity and sedentary behaviour, 2020	Balance and strength for older adults.



THIS WEEK

Ten minutes a morning.
Then a walk.

01 · ROUTINE	02 · GRID	03 · GO FURTHER
Eight drills before coffee, in order.	Tick each morning; short versions count.	The planner adds thirty days of walking.

Keep reading on healthsecrets.com

FREE · FACT-CHECKED GUIDES

START HERE
Exercise for Longevity Guide | Optimal Types
Learn optimal exercise for longevity. Cardio, strength training, HIIT protocols. Proven to extend lifespan 3–7 years. Practical…
healthsecrets.com/longevity/exercise-longevity-guide →

FREE QUIZ
Fitness & Recovery Science
Test your knowledge of exercise science, muscle recovery, and performance optimization.
healthsecrets.com/quizzes/fitness-recovery-quiz →

JOINTS
Joint Pain Relief: 7 Natural Strategies for Healthy Joints
Evidence-based natural joint pain relief guide. Glucosamine, UC-II collagen, exercise, weight management & supplement…
healthsecrets.com/inflammation/joint-pain-relief-natural →

BACK
Natural Remedies for Back Pain: 5-Step Relief Without Pills
Discover evidence-based natural remedies for back pain including yoga, turmeric, white willow bark, and capsaicin…
healthsecrets.com/natural-remedies/natural-remedies-back-pain →

LONGEVITY
Blue Zones: Lessons from the World's Longest-Lived People
Discover the secrets of Blue Zones — 5 regions where people live past 100. Learn the Power 9 principles and how to apply…
healthsecrets.com/longevity/blue-zones-longevity-lessons →

FREE QUIZ
Longevity & Anti-Aging Science
Explore the cutting-edge science of aging, healthspan, and longevity interventions.
healthsecrets.com/quizzes/longevity-science-quiz →

JOINTS
Best Supplements for Joint Health
Discover the best supplements for joint health backed by clinical research.
healthsecrets.com/supplements/supplements-joint-health-guide →

HABITS
Longevity Lifestyle | Daily Habits of the Longest-Lived
Learn the daily habits of Blue Zones populations who live to 100 at 10× higher rates. Simple, accessible lifestyle changes…
healthsecrets.com/longevity/longevity-lifestyle-daily-habits →

HealthSecrets

Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at **healthsecrets.com**.

See the 30-Day Walking & Mobility Planner →

Take the Fitness & Recovery quiz → | Recommended walking gear →

Educational and organizational tool only, not medical advice. It is not intended to diagnose, treat, cure or prevent any disease. Talk to your doctor before starting if you have a heart condition, chest pain or breathlessness on exertion, a recent operation or joint replacement, or have been told to limit activity.