

# live well be well



This week's WOW will involve a seated crunch, which works the abdominal and lower back.

To perform this exercise slide to the edge of your chair. Lean back slightly while bracing your core and keeping your chest up. Raise your knees and contract your abs while moving forward, almost like you were performing a crunch or sit-up. Slowly release down to your starting position in a controlled manner.

Repeat 5 times.

