

live well be well

WOW: work out of the week ::

Happy New Year and welcome to 2024! I hope this New Year brings you happiness, joy, and success in all areas of your life.

This month's **WOW's will focus on stretching out your leg muscles.** Sitting can cause the lower back, hips, and lower legs to become tight, so make sure you take frequent stretch breaks to loosen your muscles. We also have **Katie Hoag, Associate Medical Group Administrator,** to help demonstrate this month's exercises.

Exercise: Quadricep stretch.

How to perform: Stand up tall and grab your left foot with your left hand. Pull the foot up and maintain balance by locking out your right knee and keeping your chest lifted. A modification can be to hold onto a wall for balance and support. You should feel a deep stretch on the front side of your thigh.

Duration: Hold for 30 seconds and repeat on both sides.

