

# 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:** Standing calf stretch.

**How to perform:** Place your right foot in front and your left foot behind you. Keep both toes facing the same direction and bend your front knee while keeping the back leg locked. Gently lean forward to feel a deep stretch in your left calf. Maintain an upright spine and look straight ahead.

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

