

# 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 figure 4 stretch.

**How to perform:** Stand up tall and place your left ankle on your right knee. Then, you can slightly bend your right knee and push your hip back to feel a deep stretch and opening in your left hip. Suck in your stomach and maintain an upright spine. Hand onto a wall or chair for support if needed.

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

