

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: Hamstring stretch.

How to perform: Step your left foot in front and keep your left knee locked and point your left toes to your face. Suck in your stomach and keep your spine upright as you reach for your left toes to stretch the back side of your left leg. Breathe in and out through your nose and relax into the stretch.

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

