

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: Straight legged deadlift.

How to perform: Stand up tall and place your hands on your hips. Keep your spine upright and knees locked as you lean forward. Engage your core and prevent your spine from rounding. You should feel a deep stretch in the back of your legs and lower back. Stand up tall and return to starting position.

Duration: Repeat for 8 repetitions.

