

live well be well

WOW: work out of the week ::

Welcome to your Workout of the Week! The goal of this month's WOWs are to stretch out your hips and back. These seated stretches can be performed anywhere, anytime without any exercise equipment.

Linzy Davenport, Chief Operating Officer, will demonstrate these exercises. Linzy understands the importance of self-care, so she walks regularly and even has a device that helps her walk and obtain steps while she's in the office. Outside the office, she likes to stay active by swimming to increase her cardiovascular endurance. Lastly, she has a supportive partner, and they challenge each other to drink more water and increase their hydration. Her water bottle is Bluetooth enabled and tracks how much she drinks!

Way to go, Linzy! We can take small steps to improve our health.

Exercise: Seated hamstring stretch

How to perform: Sit up tall, step your right foot out and point your right toes to your face. While keeping your right knee and spine straight, reach for your right toes. You should feel a deep stretch in the back of your leg.

Duration: Hold for 30 seconds and repeat on the other side.

