

# 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 spinal twist

**How to perform:** Sit up tall and place your left hand on your right knee and your right hand on the side of your chair. Squeeze your knees together, suck in your stomach, and twist to look over your right shoulder. You should feel a deep stretch in your hips, stomach and lower back.

**Duration:** Hold for 10 seconds and repeat on the other side.

