

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 pigeon stretch

How to perform: Sit up tall and place your left ankle on your right knee. Push your left knee down and lean forward to feel a deep stretch in your left hip. Keep your spine upright and stomach sucked in.

Duration: Hold for 20 seconds and repeat on the other side.

