

live well be well

WOW: work out of the week ::

Welcome to your Workout of the Week! The theme of this month is to find balance and stability to strengthen your core. Please be careful while balancing, use good judgement, and keep a chair or desk close by to help you in these exercises.

Molly Cassady, Associate Chief Administrative Officer, will lead the exercises for this month. Molly understands that to reduce stress and feel your best, exercise and self-care should be a major component of your daily routine. So, she makes it a priority to exercise daily through weight training and walking on her treadmill. She also practices yoga to reduce stress and increase her flexibility.

Exercise: Standing Lateral Leg Lift.

How to perform: Stand up tall and raise you left leg above the ground. Keep your hands on your hips and push your right foot down while locking your right knee. Keep your chest lifted and avoid any wobbling or shaking by keeping your core engaged and chest lifted.

Duration: Hold for 10 seconds and repeat on both sides.

