

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 Reverse Leg Lift.

How to perform: Stand up tall and place both hands on your hips. Raise your back leg and lean forward while keeping both legs locked. Keep your chest lifted, engage your core muscles, and look straight ahead to balance in this position. If you feel unstable, keep a chair or desk close by to help you balance.

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

