

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 Leg and Arm Raise.

How to perform: Stand up tall and bring your right knee up and both arms. Extend and reach the arms while keeping your right knee at 90 degrees. Keep your chest lifted and engage your core muscles.

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

