
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 Knee to Chest.

How to perform: Stand up tall and bring your right knee toward the right side of your chest. Hold the knee and keep your core engaged. Avoid any wobbling or shaking by tightening your core muscles and locking out the left knee.

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

