

Welcome to your Workout of the Week! This month we are highlighting AFM MED 125, Folsom.

Terrie Hallums, Medical Assistant, will be demonstrating stretches for the legs and hips. Terrie has been with Kaiser Permanente for 17.5 years. Her fitness background includes over 10 years of competitive taekwondo. However, she injured her knee in kickboxing last year and is now looking at low impact exercises such as stretching and stationary biking. She hopes to recover from meniscus surgery and get back into more mountain biking and hiking. Get well soon, Terrie!

She lives in the mountains and has several acres with farm animals and gardens to maintain, while still admiring the beauty of nature. She loves spending time and tending to animals and her dogs. Family time is very important to Terrie, and her family loves camping, off-road activities, and enjoying all that the mountains have to offer.

The stretches for this month are her personal favorite for warming up and getting ready for taekwondo.

Exercise: Forward fold

How to perform: This stretch may cause back discomfort, so move accordingly! Since Terrie has great hamstring and hip mobility, she's able to fold in half while placing her hands on the ground. If you can do this without any excessive pain, try this stretch.

If you are not as mobile as Terrie or have had a back injury, you can fold in half with bent knees and gently place your hands behind your legs. Try whichever stretch that feels best for you.

Duration: Hold for 10 to 20 seconds.

