

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 Terri, 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: Standing elevated hamstring stretch

How to perform: Place your heel on a chair and keep both knees straight. Place your hands on your hips and lean your body forward to stretch the back of your leg. Flex your toes toward your face and feel a deep stretch in the back of your legs.

Duration: Hold for 20 seconds and repeat on both sides.

