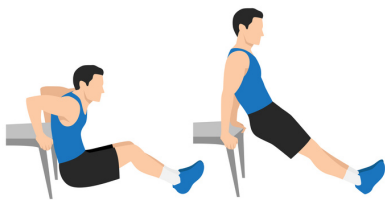


Wellness WEDNESDAY



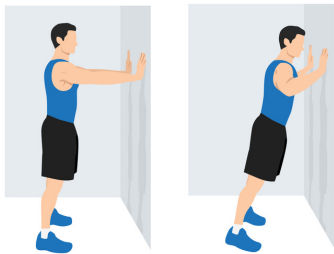
Simple Exercises You Can Do at Work or Home

This exercise can be done anywhere with no special equipment needed. Give each a try and repeat for 10 times. Reminder: Always talk with your doctor before starting any new exercise program.



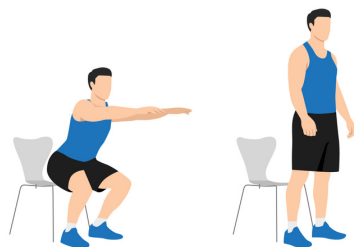
Triceps Dips:

- Stand up with your back to the front of a chair that doesn't have wheels. Sit down on the edge of the seat and grab the edges of the seat so your fingers wrap underneath.
- Slide your bottom off the seat and extend your legs straight out with your heels on the ground and toe pointing up or your legs at a 90-degree angle and your feet flat on the floor.
- Slowly bend your elbows and lower your body as close to the ground as you can and push yourself back up to the starting position.



Desk or Wall Pushups:

- Stand a few feet away from your desk or wall. Carefully place your palms on the desk or wall and lean against it with your hands slightly wider than your shoulders with your arms stretched straight out.
- Lower yourself until your chest almost reaches the desk or wall. Return to the starting position.



Squats:

- Stand tall, feet shoulder width apart with your hands out in front of you.
- Lower your body down, bending at the knees like you are sitting in a chair keeping your back straight. (you can sit in a chair and stand back up as an alternative)
- Return to a starting position.



Bridge:

- Lie faceup on the floor with your knees bent and feet hip width apart. Your head should be looking straight up touching the ground with your arms by your side.
- Squeeze hips and core as you lift your hips off the ground towards the ceiling. Lift your hips upward without arching your back. (if your back is arching, you are lifting your hips too high)
- Hold the position for a few breaths. Then slowly lower back to the ground.