



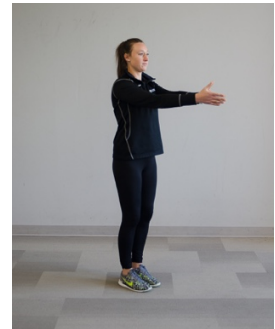
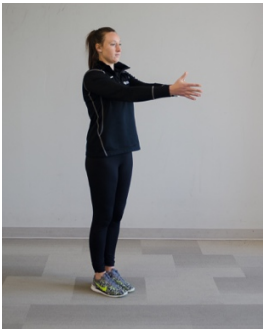
WARM-UP TO AVOID INJURY

Imagine taking a rubber band out of your freezer and stretching it. After being in the cold, the rubber band loses elasticity and no longer has its full range of motion (ROM). Your muscles are similar to that rubber band. If you have been sitting, driving, or standing in a stationary position, your muscles become “cold.” Gradually increasing blood flow, or warming up, is essential to a safe and effective workout. Aside from increasing blood flow, a proper warm-up:

- Increases core temperature
- Improved proprioception (awareness of your body)
- Increased ROM
- Limits potential injury

Suggested warm-up activities

Seal Jacks



Similar to jumping jacks, except for your arm position. Start with your feet together, together in front of the chest. Jump or step legs apart from each other while simultaneously opening arms to side.

WELLNESS
CHANGES
EVERYTHING



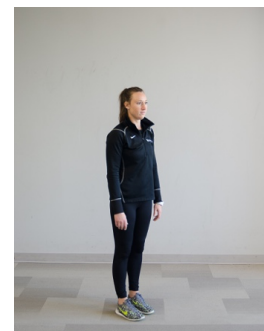
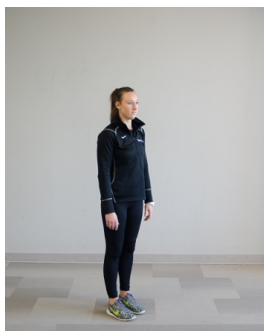


Open and Close the Gate



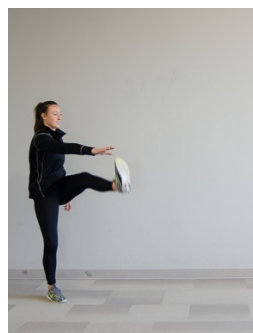
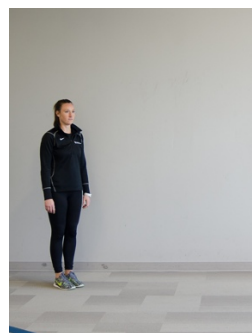
Stand with your feet together. Pick one knee up toward your chest, rotate your leg to the side without moving your upper body. Touch your toe down to the side. Lift your leg back up and rotate back to starting position.

One Leg Balance Tilt and Reach



Stand tall. Pick one foot up behind you. Bend over at the waist, letting your leg raise up behind you. Reach your arms to the front. Hold and return to starting position. Repeat on other side.

Toy Soldiers



Raise one arm straight out in front of you. With your opposite leg, try and kick your hand without bending the knee. Alternate sides. You can do this in place or walking.

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