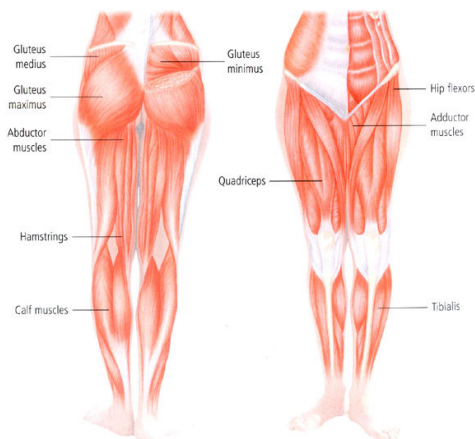




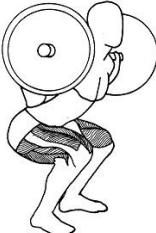

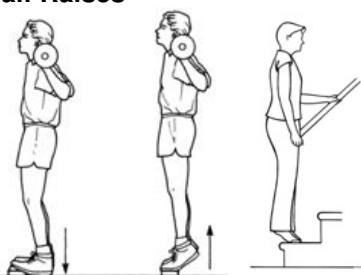
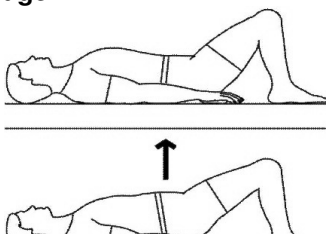
Healthy Habits Exercise Series

Week 4: Lower Body

Strengthening the lower body is vital to support the rest of the body. The legs carry the body through lifting, movement and physical activity. Not only do lower body exercises help functionally, it also helps metabolically. Increased muscle mass means higher energy expenditure or increased metabolism at rest. Stronger legs also mean more calories being ‘burned’ (utilized) even after exercising.



Lower Body Exercises [Do 12-15 reps, three times]

<p>Squats</p> 	<p>Begin this exercise by standing with your feet wider than shoulder width apart and your toes pointed forward.</p> <p>Inhale and slowly lower your body and remember to bend slightly at your hips. Keep your weight back on your heels and your back as upright as possible. Make sure your knees don't cross the plane of your toes. Exhale as you straighten legs and come up to the starting position to complete one rep. Do this move with resistance bands, hand weights or barbells.</p>
<p>Lunges</p> 	<p>Stand with your feet about 6 inches apart from each other toes pointed forward.</p> <p>Inhale and step forward with one leg and lower your body to 90 degrees at both knees. Don't step out too far. There should be 2 to 2.5 feet between your feet at this point. Keep your weight on your heels and don't allow your knees to cross the plane of your toes. Exhale and push up back to the starting position to complete one rep. Repeat all reps on one leg, then switch to complete one set.</p>
<p>Calf Raises</p> 	<p>Stand facing a wall or back of chair and lightly hold onto it with fingertips to aid balance. Legs should be shoulder-width apart and straight. Do not lock knees.</p> <p>Exhale and rise up on balls of feet, and hold for 2 seconds. Inhale as you return to start position and repeat. You can also hold free weights in your arms or hold a barbell on your upper back.</p>
<p>Bridge</p> 	<p>Lie with arms at sides, feet on floor, knees bent. Press into heels.</p> <p>Exhale and slowly lift hips off of floor toward ceiling, squeezing the glutes. Inhale as you return to starting position. Squeeze glutes through entire rep. Try not to allow glutes to touch ground when lowering between reps.</p>

Resources: <http://www.sparkpeople.com/>, <http://www.tbinc.com/>