

# Let's Go!

**February Workout**

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## At The Core

This month's workout stretches and strengthens your sides. Your abdominal muscles aren't just in the front; they extend to the left and to the right toward your back. Strengthening these muscles help you have a strong torso, or *core*, which helps your posture, your back, and even your breathing.

**OK! Get up  
and go!**



*Exercise program designed by Tiffany Glenwinkel,  
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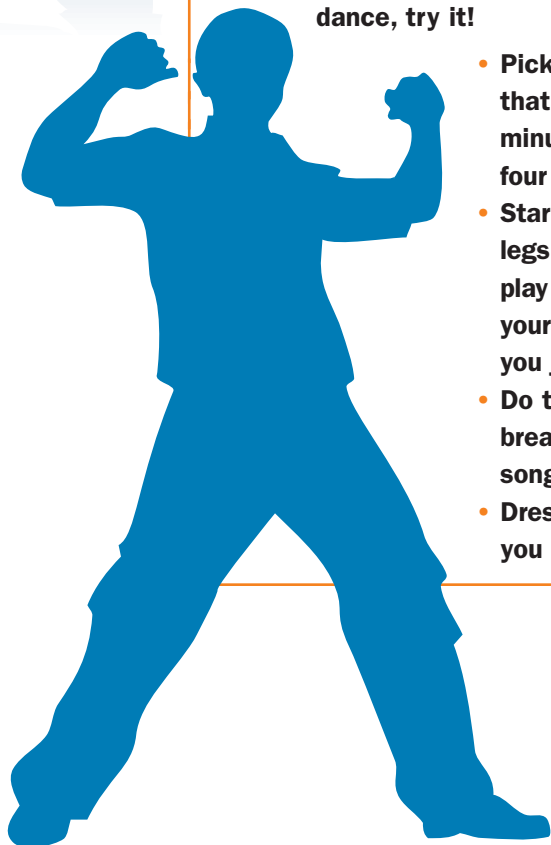
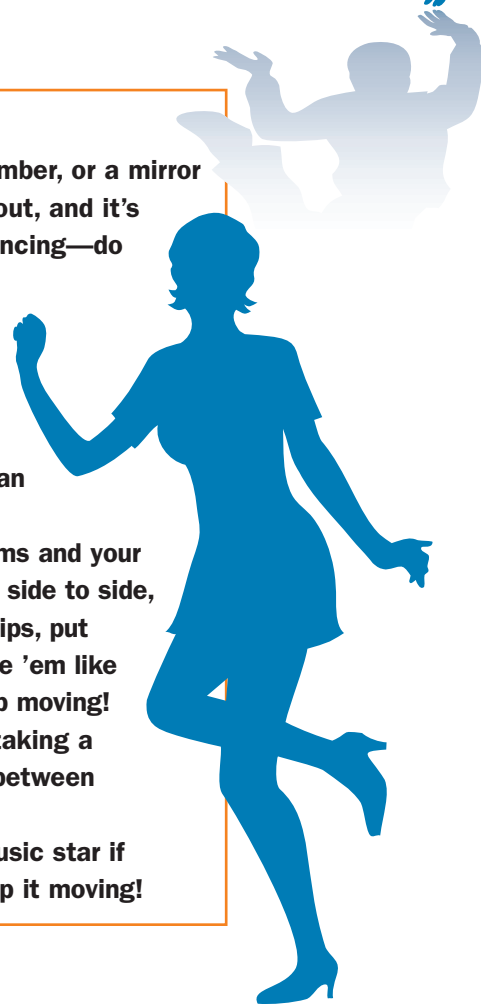
# Cardio Challenge



## On the Dance Floor

Have some fun this month: Grab a friend, family member, or a mirror and dance the night away! Dancing is a great workout, and it's fun. If you tighten your abdominal muscles while dancing—do this by pulling your stomach in—you can get more of a workout. Even if you think you can't dance, try it!

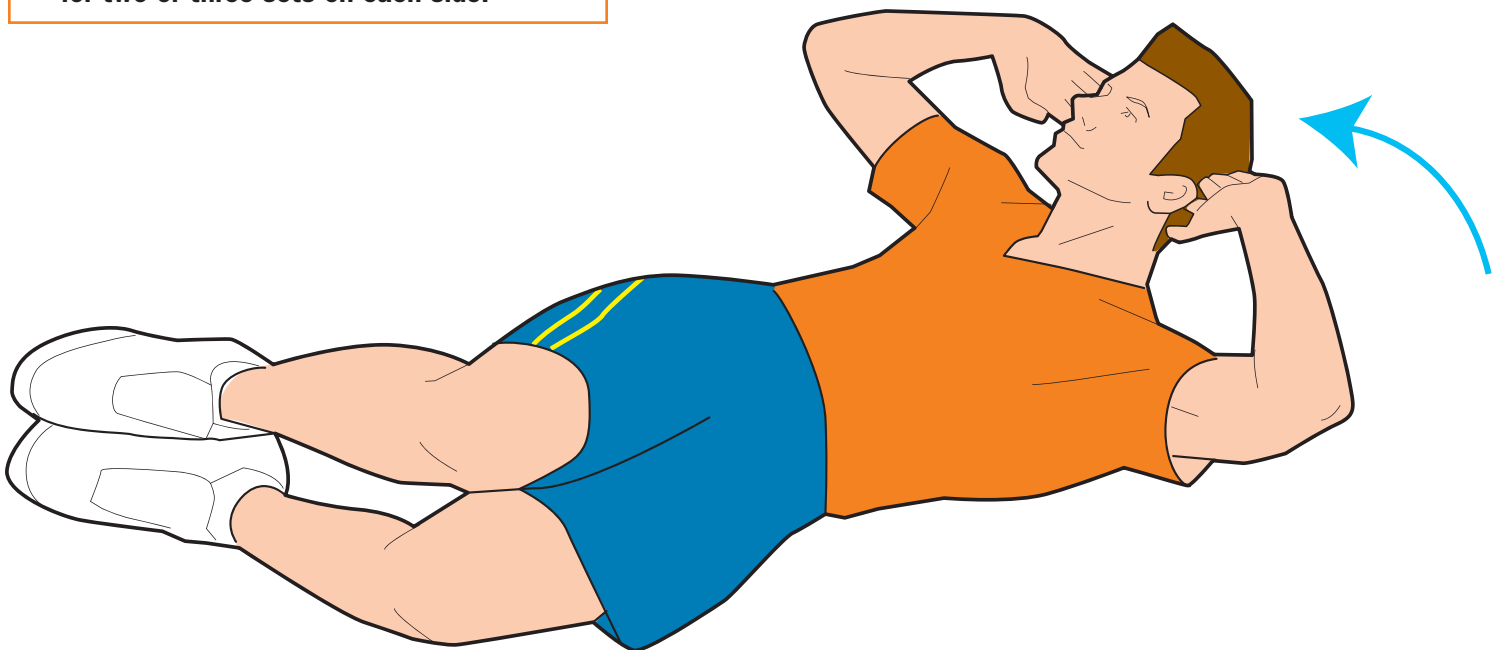
- Pick out four or five songs that are at least three minutes long but no more than four or five minutes long.
- Start to dance! Move your arms and your legs, step back and forth and side to side, play "air guitar," swing your hips, put your hands in the air and wave 'em like you just don't care—just keep moving!
- Do this one song at a time, taking a break for 20 or 30 seconds between songs if you need to.
- Dress up like your favorite music star if you want to. Keep it fun; keep it moving!



## Side-Ups

Many abdominal exercises work only the large muscles in the front, called the *rectus abdominals*. This exercise works the supporting side muscles, the *oblique abdominals*. With any exercise program, it is important to maintain balance by working your front, back, and sides. This exercise will help strengthen and balance your *core*—the center of your body.

1. Lie on your back with your knees bent and feet flat on the floor.
2. Let your legs drop to the left so that your knees rest near the floor.
3. Place your fingertips on the sides of your head just behind your ears.
4. Curl up, pushing your chin straight up toward the ceiling, so your shoulders lift off the floor a few inches.
5. Hold for two seconds and return to the start position.  
To add difficulty, you can hold at the top of the crunch for four to five seconds, add repetitions, or add sets.
6. Repeat steps 1 through 5, 12 to 15 times, for two or three sets on each side.



## Side Stretch

You can do this stretch sitting or standing to increase flexibility in your torso and through your spine.

1. Clasp your hands straight overhead with your palms facing the ceiling.
2. Bend yourself to the right until you feel a stretch on your left side. Hold for 10 to 15 seconds.
3. Switch sides and repeat, doing one or two stretches to each side.



### Did you know?

Did you know that you have until about age 25 to build strong bones? Strengthening the bones helps to prevent *osteoporosis*, a disease in which bones can become very weak later in life.

