

Let's Go!

March Workout

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Out and About

March is a great time to think about getting outside for some exercise. This month's workout features some easy ways to get moving and get stronger, too.

OK! Get up and go!

*Exercise program designed by Tiffany Glenwinkel,
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Cardio Challenge

Walk It Out

This month's challenge is a simple walking activity. Walking is great because you can vary the intensity by speeding up, slowing down, and swinging your arms briskly or lightly. Walking is also easier on your joints than running is. Invite some friends or family members along, or take your favorite tunes. You could even sign up for a volunteer walking event this month. Just don't forget to keep track of your time!



Minute Marker	Pace
1	Easy pace to warm up
5	Brisk power walk, swinging arms, contracting stomach muscles
8	Moderate pace walk, still contracting stomach muscles
12	Brisk power walk, swinging arms, contracting stomach muscles
14	Moderate pace walk, still contracting stomach muscles
18	Brisk power walk, swinging arms, contracting stomach muscles
21	Moderate pace walk, still contracting stomach muscles
25-30	Easy pace to cool down

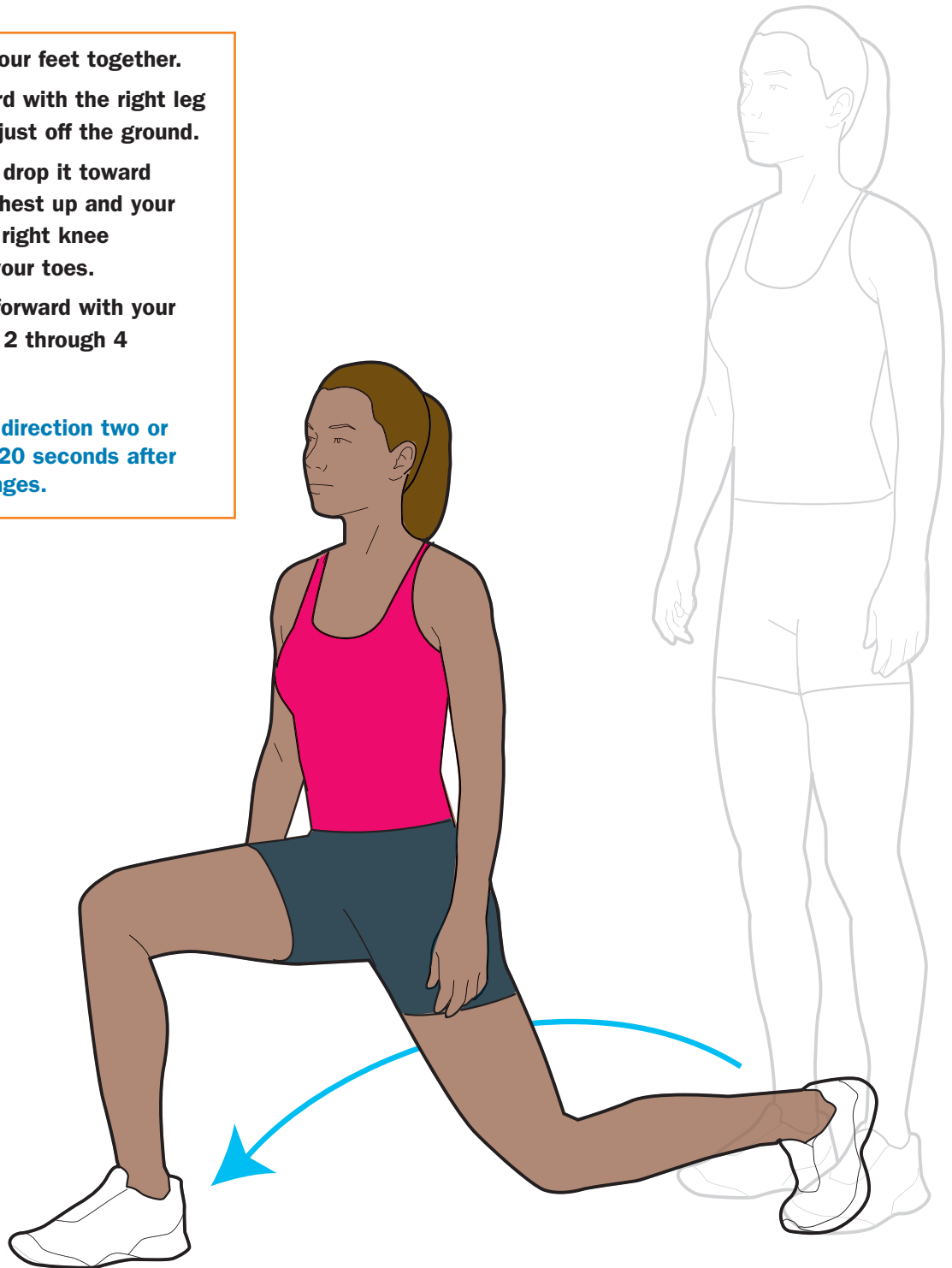


Walking Lunge

The walking lunge focuses on the muscles of your hips and legs—hamstrings, quadriceps, and gluteus. These muscles are your walking, standing, sitting, running, and jumping muscles! The more exercises you can do to strengthen them, the better. Strengthening these muscles can also help improve your balance. With this exercise, you will “walk” across an area while lunging.

1. Start by standing with your feet together.
2. Take a long lunge forward with the right leg so your left heel comes just off the ground.
3. Bend your left knee and drop it toward the floor, keeping your chest up and your shoulders straight. Your right knee should be directly over your toes.
4. Push back up and step forward with your left leg, repeating steps 2 through 4 with the opposite leg.

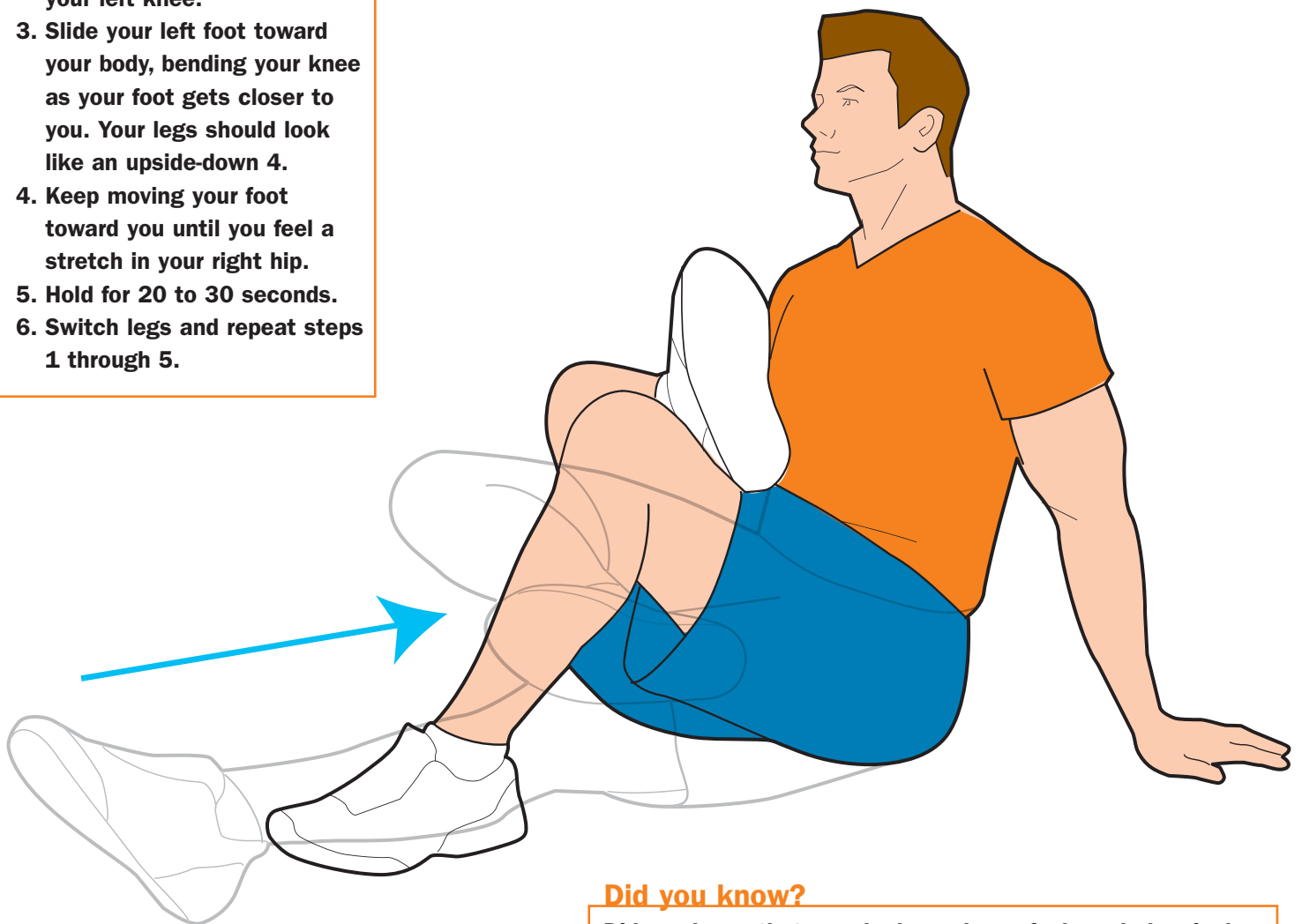
Perform 10 lunges in each direction two or three times, resting about 20 seconds after each set. One set is 20 lunges.



Side Stretch

This stretch works the muscles in your hips and thighs. This is one of the few stretches that reaches those areas.

1. Sit on the floor with your legs straight in front of you, and prop yourself up on your hands, with your hands slightly behind your hips.
2. Cross your right foot over your left knee.
3. Slide your left foot toward your body, bending your knee as your foot gets closer to you. Your legs should look like an upside-down 4.
4. Keep moving your foot toward you until you feel a stretch in your right hip.
5. Hold for 20 to 30 seconds.
6. Switch legs and repeat steps 1 through 5.



Did you know?

Did you know that your body produces feel-good chemicals, called *endorphins*, when you exercise? If you're feeling down or don't have the energy to get through that last little bit of homework, get up and move. Even if you take just a minute to swing your arms and do a stretch or two, you can get a natural pick-me-up!