

Because You're WORTH IT!

BODY TECHNIQUES

FIVE MINUTE "NO SWEAT" SHIFT WARM UP

The positive feedback we had from our last two 'Because You're Worth It' features has reinforced our belief that people truly want to learn new ways to keep themselves fit and strong and are committed to not letting work act as an excuse to not get moving.

So back we went to visit our friends Michael and Stacy Rae Mednick of Body Techniques in Huntington Beach. This time we asked them to demonstrate a few more exercises that are simple to do anywhere, at any time without special equipment.

Knowing that it would be ideal to slip in a few of these moves before your shift, Michael and Stacy put together Five: 1 minute "no sweat" exercises.

Give these a try for the next few weeks then, go to the *Great Taste* website, www.great-taste.net, click on Network, sign up (if you are not already) and tell us what you think. Let us know what other healthy lifestyle features you would like to see in future issues.

TOE TAPS/CALVE RAISES

Stand with your legs shoulder width apart and simply lift your toes and upper sole of your foot upwards for 2-3 seconds. Once you lower your feet back on the ground slightly shift your weight

to lift your heels upward contracting the lower part of your leg muscle and your calve, once again hold for 2-3 seconds and repeat 15-20 times.

REVERSE SHOULDER CIRCLES

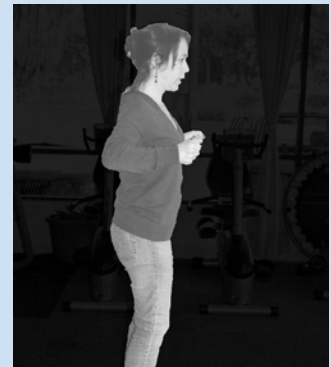


While standing with your legs shoulder width apart and knees bent softly raise your arms out to the side. The palm of your hand is facing down and tilted slightly forward as if you were pouring water. Start rolling your shoulder back keeping your arms outward. 20 to 40 repetitions are necessary in order to get the full benefit. This exercise will help you loosen up your shoulders as well as help you to obtain a little "pump" on your rear deltoid, helping you to stand taller and get you ready for your shift.



BACK ROW

Stand tall with your legs in a neutral position (shoulder width apart) and knees slightly bent. Extend both arms outward in front directly under the height of your shoulders. Make a hammer fist with your hands and pull your arms back, keeping your



elbows close to your body until your fists reach your sides. Squeeze your shoulder blades at the end of the pull and slowly return to the starting position. Focus on exhaling while you push your energy through your back region (positive movement). 20-30 rows.

SQUATS

A squat is one of the most popular exercises because there are so many muscles involved. While standing with legs shoulder width apart sit your backside downward like your getting ready to sit on a chair and at



the same time lift your arms straight and upwards to your shoulder height. Keep your arms slightly bent while lifting. After you have reached a 45

degree angle return to standing bringing your arms back down by your side. Keep your feet on the ground and your knees as straight as possible. Repeat 15 - 20 times and remember to concentrate on

breathing. When you're pushing upwards (the positive) exhale and when you're sitting downward (the negative) inhale.

SIDE BENDS

Stand tall with arms down the sides of your body. Bend from the waist to one side sliding the lowered arm downward touching the side of your leg and the

other arm slightly bent going upwards with the shoulder. Keep your neck relaxed and facing straight. Continue for 20-30 on each side.

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