



## U-ExCEL Workout of the Week #7

Ankles circles, Wrist circles, Marching, Hip circles Arm, Circles, Shoulder Rolls, any creative way to get your body moving and ready to go!

- 1) Wide Step Out, Out, Squat, In, In (hold 1 weight)
- 2) Heel Tap + Bicep Curl
- 3) Reverse Lunge + Overhead Press
- 4) Standing Side Bends
- 5) V-Raises
- 6) Forward, Forward, Back, Back
- 7) Row + Tricep Kickback
- 8) Twist + Press
- 9) Tandem Stance Leg Raise
- 10) Staggered Balance Stance

- 1) Calf Raise + Sit to Stand
- 2) Tricep Extension (1 weight)
- 3) Lean Back, Crunch + Press
- 4) Cross Country Ski
- 5) Seated Windmills
- 6) Side to Side Knee Tucks
- 7) Alternating Overhead Press
- 8) Reverse Lunges
- 9) Single Leg Push-Ups
- 10) Flamingo Balance Stance

- 1) Hip Bridge + Knee Opener
- 2) Inner Thigh Leg Lift

Eating a well-balanced diet provides important nutrients, vitamins, and minerals to keep the body energized, strong, and healthy. Eating well can also help lower risk of chronic illnesses and diseases. To boost your energy levels, and help increase your resistance to illness:

- < They can be fresh, frozen or canned, however, be sure to choose products with the lowest amount of sodium and sugar. Eat fruits such as apples or blueberries and vegetables such as spinach or broccoli to provide your body with high antioxidants.
- < Vary up your protein with more fish, beans, and peas.
- < Have three servings of low-fat or fat-free dairy daily (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- < Make the fats you eat polyunsaturated and monounsaturated fats.
- < Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Choose whole grains whenever possible!
- < Drink water, coffee, or tea. Stay away from drinks that contain a lot of sugar.

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