

THE HEALTHY LIFESTYLE
COACHING PROGRAM PRESENTS:

NO GYM, NO PROBLEM!

YOUR VIRTUAL GUIDE TO EXERCISE

This series has been created to provide guidance on fitness routines that require little to no equipment.

If you are looking for more assistance with your health and wellness goals, our health coaches of ChristianaCare are more than ready to help.

Sign up for an appointment with one today!
cchshealthcoach.as.me

Episode 2

MUSCLE CARE MATTERS!

This routine can be executed in an office setting, at home, and even outside!

Warm Up

- Small Arm Circles Forward 30 seconds
- Small Arm Circles Backward 30 seconds
- Big Arm Circles Forward 30 seconds
- Big Arm Circles Backward 30 seconds
- March in Place 1 minute
- Side to Side Stepping 1 minute

Get Loose

- Torso Twists 30 seconds
- Alternating Knee Hug 10/leg
- Alt. Side Bend Overhead Reach 10/side
- Alternating Heel Sweeps 10/leg
- Alt. Quad Pull and Reach 10/side

Cool Down

- Seated Low Back Stretch 30 seconds
- Seated Upper Trap Stretch 30 seconds/side
- Seated Hamstring Stretch 30 seconds/leg
- Seated Figure 4 Hip Stretch 30 seconds/leg
- Wall Lat Stretch 30 seconds/arm
- Wall Pec/Shoulder Stretch 30 seconds/arm

If you have any questions, please email HealthCoach@ChristianaCare.org. You can also post direct questions on our official Teams page, "Our Healthy Lifestyle".