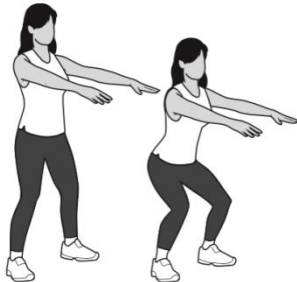


February Tip of the Month - Couch Exercises

As we enter the month of the Super Bowl, Puppy Bowl, Celebrity Flag Football Challenge and love, it is certain that there will be a lot of cheering, sitting, eating, drinking and cuddling. Around this time, we are probably thinking about that summer body we want for the year while being surrounded by wings, dip, chips, beer, wine, chocolate. One behavior to achieve that goal is to not be a couch potato! It is difficult because of the worldwide entertainment on television and then comes the romantic nights out or romantic nights in watching movies while helping ourselves to unhealthy foods/snacks. Here's a newsflash; summer bodies are NOT made in the summer, they are made now! With that being said, here are exercises to think about when you have been on the sofa for a while watching the bowls and/or watching those romantic movies with your special valentine.

1. Half-Squats

Keeping your back straight and, weight through your heels, squat halfway to the couch and back up.



2. Knee-Ups

Use the sofa for stability, keeping stomach muscles tight, bring one knee to chest at a time.



3. Leg Lifts

Sitting on the sofa or chair with stomach muscles tight, lift your legs up and down together.



4. Triceps Dips

With arms on the sofa, slowly bend elbows lowering yourself down. Start with your knees bent to make it easier.



5. Push-Up

Facing the couch with hands on the back (easier) or the seat (harder), slowly bend your elbows lowering yourself then push back up keeping your back nice and straight.

