

Let's Go!

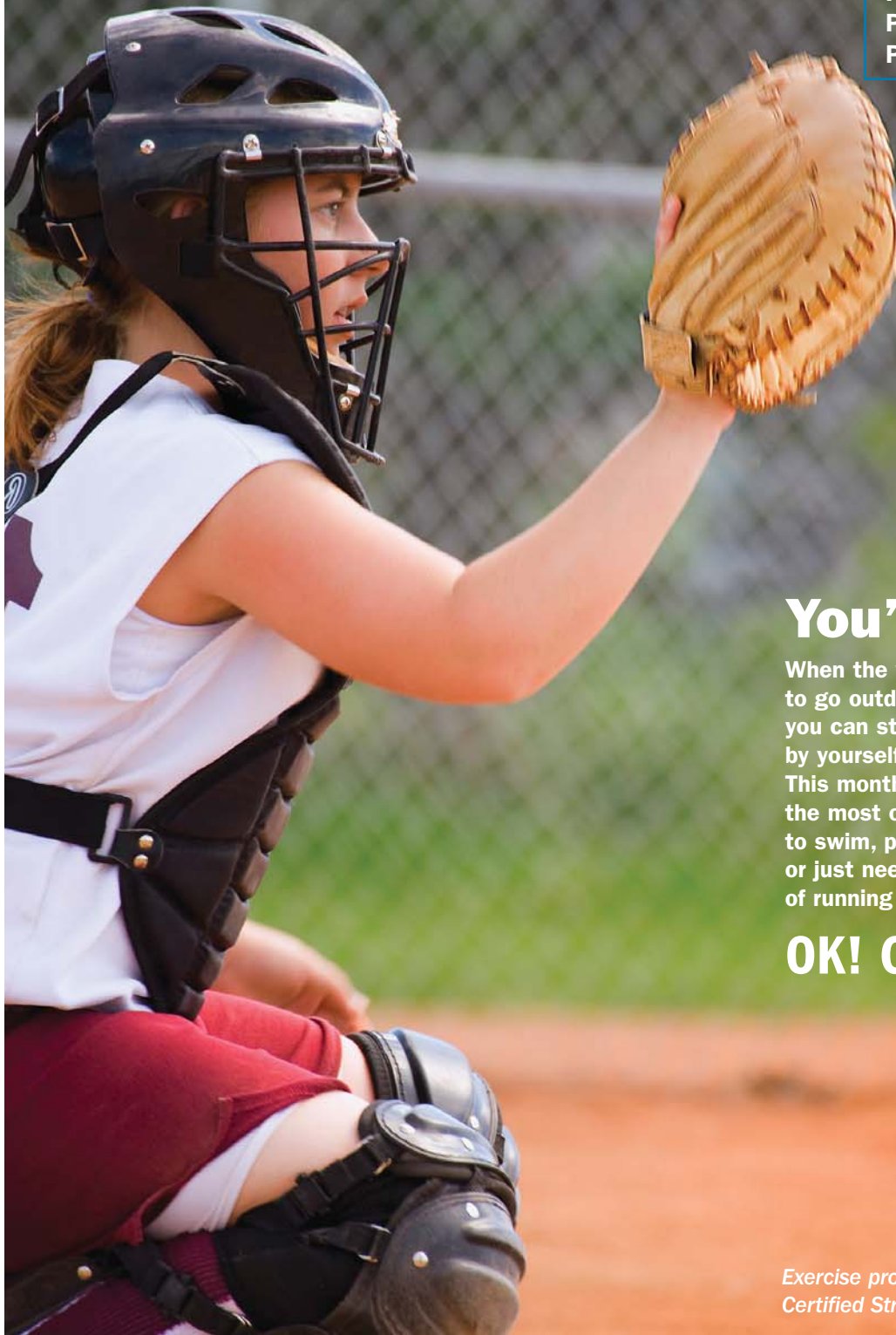
April Workout

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You're Out!

When the weather is nice, it feels good to go outdoors! There are lots of ways you can stay active this summer, either by yourself or with a whole team.

This month's workout will help you make the most of summer, whether you like to swim, play softball or baseball, or just need a good stretch after a day of running around having fun.

OK! Get up and go!

*Exercise program designed by Tiffany Glenwinkel,
Certified Strength and Conditioning Specialist*

Cardio Challenge

Get in the swim of things!

Swimming is one of the best ways to get a good cardio workout while minimizing stress on bones and joints. It is important to mix activities like swimming into your exercise routine to help avoid injuries from high-impact sports.

This challenge is meant to be performed in a 25-yard pool, but if you don't have access to one, you can do it in minutes instead of laps. The times and laps listed are meant only as a guideline. Try to meet the times and do the number of laps suggested, but, as with any exercise, go at your own pace. Challenge yourself, but don't overdo it.



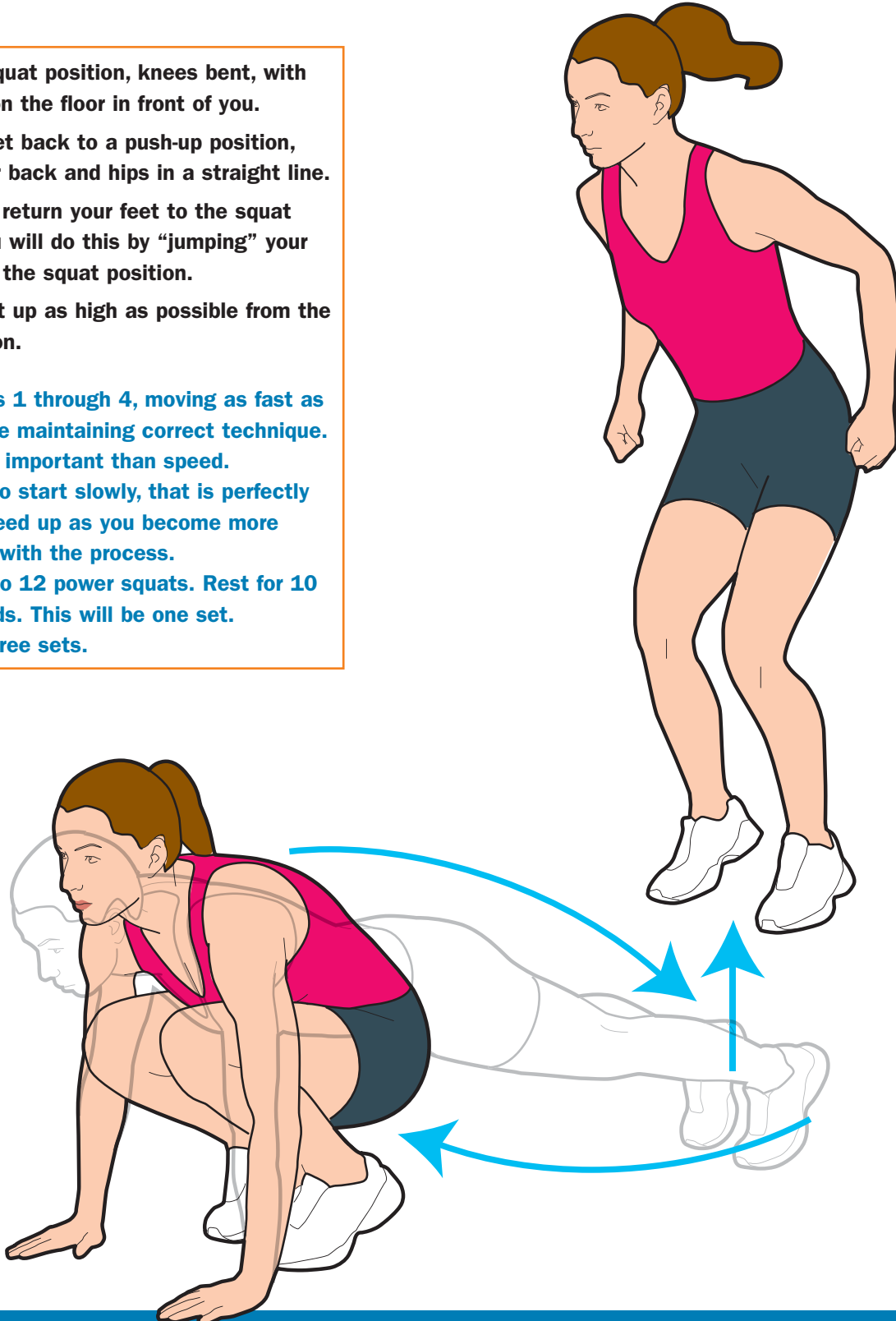
Stroke	Laps	or Minutes
Freestyle warm-up. You can even jog in the pool. Get your arms pumping!	4	4
Hold a kickboard or floatation device, and kick only	3	3
Backstroke or breaststroke	2	2
Your favorite stroke at a moderate pace	5	3
Backstroke or breaststroke	3	2
Your favorite stroke, sprinting (swimming quickly)	1	1
Hold a kickboard or floatation device, and kick only	2	2
Freestyle cooldown; again, swim however you like!	4	4

Power Squats

This exercise will get your heart pumping while developing strength, power, and endurance. It will also help you build coordination. In fact, squats are sometimes called “The King of Exercises!”

1. Begin in a squat position, knees bent, with your hands on the floor in front of you.
2. Kick your feet back to a push-up position, keeping your back and hips in a straight line.
3. Immediately return your feet to the squat position. You will do this by “jumping” your feet back to the squat position.
4. Leap straight up as high as possible from the squat position.

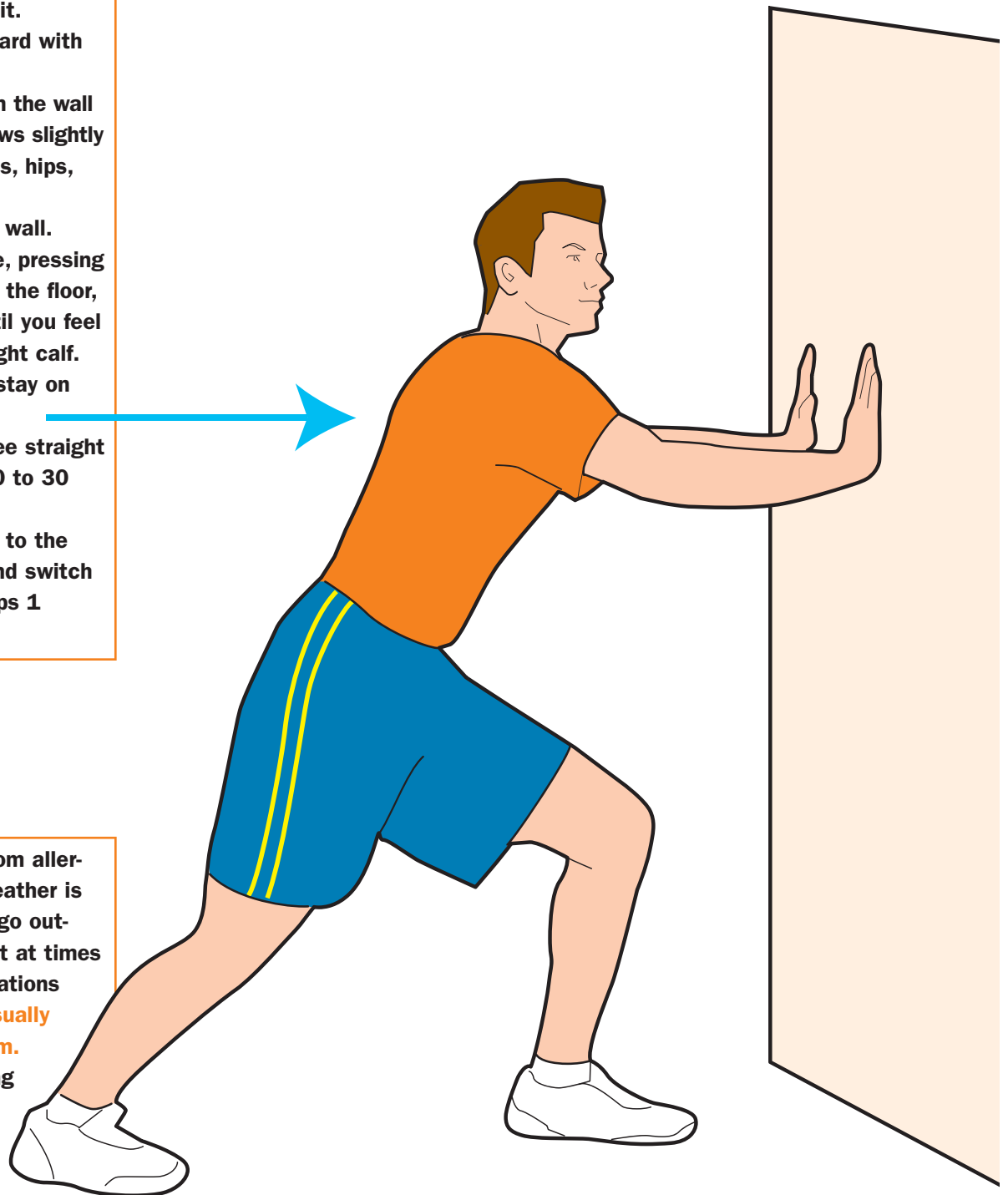
- Repeat steps 1 through 4, moving as fast as you can while maintaining correct technique. That is more important than speed.
- If you need to start slowly, that is perfectly fine. Just speed up as you become more comfortable with the process.
- Perform 10 to 12 power squats. Rest for 10 to 15 seconds. This will be one set.
- Do two to three sets.



Calf Stretch

All you need to do this basic calf stretch is a wall or some surface to lean against. Stretching the calf muscles is important because they are so important in helping you walk, jump, and run. Take care of them!

1. Stand about 3 feet away from a wall, facing it.
2. Take one step forward with your left foot.
3. Place your hands on the wall in front of you, elbows slightly bent, with shoulders, hips, and feet pointed directly toward the wall.
4. Bend your left knee, pressing your right heel into the floor, leaning forward until you feel a stretch in your right calf. Both heels should stay on the ground.
5. Keep your right knee straight and hold still for 20 to 30 seconds.
6. Push yourself back to the starting position and switch legs, repeating steps 1 through 5.



Did you know?

Many people suffer from allergies, but when the weather is nice, it feels good to go outdoors! Try working out at times when pollen concentrations are lower. **Pollen is usually highest between 5 a.m. and 10 a.m.**, according to the American Academy of Allergy, Asthma, and Immunology.