

PHYSICAL WELLBEING.



WEEK 3

We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall wellbeing and quality of life? Research shows that engaging in regular physical activity can strengthen our bones and muscles, improve our cardiovascular fitness, reduce our risk of disease and improve our mental health and mood. Not to mention, exercising can be a whole lot of fun, too!

We've pulled together four of our favourite exercises for you to complete. Try doing them 3 x a week.

- **SQUATS**
- **PUSH UPS**
- **LUNGES**
- **TRICEP DIPS** (using chair or a sturdy bench)



Squats

1. Begin standing with your feet shoulder width apart whilst maintaining a slight curve in your lower back. Ensure your weight is on your heels, begin to lower your body as if you were sitting in a chair. Allow knees to drift forwards as required, without your heels coming off the ground.
2. Hold for 1 second when your knees reach 90° (or greater, if able to maintain a neutral spine) and then push through your heels to return to standing.
3. Repeat 10-20 times.



Lunges

1. Take a big stride forward with your right leg.
2. Lower your opposite knee to the floor or as far as comfortable, ensuring your front knee does not track over your toes.
3. Pause briefly then push through your right heel to return to standing.
4. Repeat 10 times on each leg.



Push ups

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Straighten your arms and legs.
3. Lower your body until your chest nearly touches the floor.
4. Pause, then push yourself back up.
5. Repeat 10 times



Plank

1. Lay on your stomach with your legs straight.
2. Lift your body off the ground by rest your upper body on your forearms and your lower body on your toes.
3. Keep a slight curve in your lower back and engage your core by sucking your belly button in towards your spine.
4. Hold for 30 seconds and repeat 3 times.



Side plank

1. Lay on your side, resting on your forearm with your legs straight.
2. Gently tighten your stomach and lift your hip off the floor, ensuring you maintain a straight line from your shoulders to your feet.
3. Hold for 30 seconds.
4. Repeat 3 times for each side.



Tricep dips

1. Find a stable chair, bench, or step.
2. Sit on the edge of the chair and grip the edge next to your hips. Your fingers should be pointed at your feet. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up.
3. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair.
4. Lower yourself until your elbows are bent between 45 and 90 degrees.
5. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.
6. Begin with 3 sets of 10 repetitions and increase your sets and reps over several weeks as you build muscle and strength in your triceps.