



Spring Into Exercise

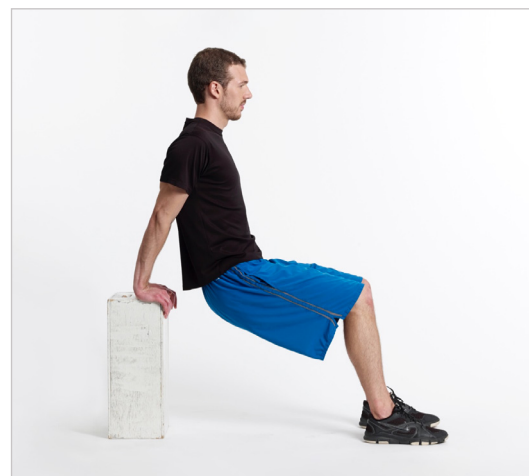
Longer days, warmer weather, blooming flowers, and chirping birds: Spring is a time of energy and rebirth as winter melts away. Let that surge of energy spur you into action!

Here are some simple exercises to wake up your body and refresh your mind. You can do them outdoors or in the comfort of your home — no fancy equipment needed!

TRICEP DIPS

First, let's get your upper body moving. This exercise will strengthen a muscle in the back of your arms called your tricep.

- Start with the back of your couch, a countertop, a park bench outside, or any other sturdy ledge that won't move.
- Face away from the ledge and place your palms on its surface.
- Keep your palms on the ledge surface while you step your feet forward a couple steps. Let your hands hold your weight.
- Gently lower your body by bending your elbows. Bend them as close to a 90-degree angle as you can, but no more than that. This lowering action should only take 2 or 3 seconds.
- Then lift your body back up by straightening your elbows. Push your weight into your palms. Bring your arms back to a sturdy position, but don't lock your elbows. This action should take another 2 or 3 seconds.
- This dip-and-rise sequence is one rep. Repeat this sequence for a total of 8 to 10 reps.



**Make sure your body is ready for these movements.
Check with your doctor or a certified fitness expert before you try any new exercise.**

PLANK HOLD WITH LEG RAISES

Next, we'll wake up your core. Plank holds will boost the muscles in your belly and back, as well as your arms and legs.

- Begin by planting your palms firmly on the floor about shoulder-width apart. Keep your arms straight beneath you without locking your elbows.
- Keep your body lifted by planting your toes on the ground. Keep your body straight.
- If you want a more challenging workout, try adding leg raises. Lift your right leg straight up behind you. Lift with just your glute and leg muscles without arching your back too much.
- That lift action should just take 2 or 3 seconds.
- Repeat this sequence for 4 or 5 reps per leg, alternating legs.

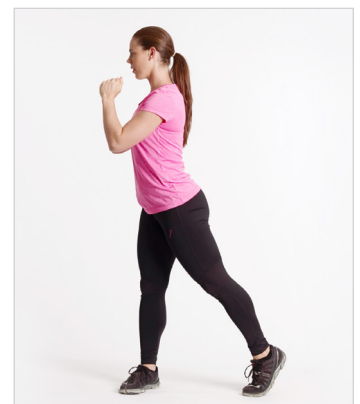
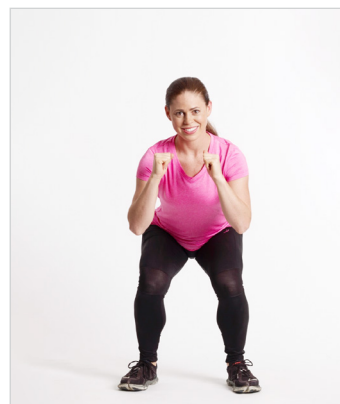


SQUATS WITH ROTATION

Lastly, let's focus on your lower body. Squats are a great way to build up your thighs and rear. Add a twist to keep things interesting!

- Stand straight with your feet shoulder-width apart. Bend your knees and lower your rear toward the ground.
- Make sure your knees don't drift over your toes as you squat. Keep your shins straight up from the floor. Lower to a 90-degree angle in your knees, but no lower.
- Then stand back up by engaging your thighs and glutes. As you stand, twist your body to the left. Rotate your right foot to help you. This stand-and-twist action should take another 2 to 3 seconds.
- Then repeat by squatting again. When you stand, rotate to the other side.

Repeat this sequence 12 times: six squats-and-twists on each side, alternating sides.



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