

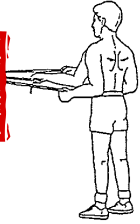


Take "5" Strength

Take "5", Get Stronger

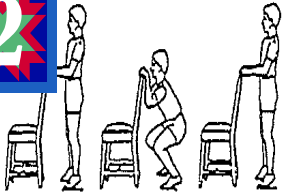
Try performing 5-10 repetitions at a time. Increase the number of reps as your ability level improves.

1

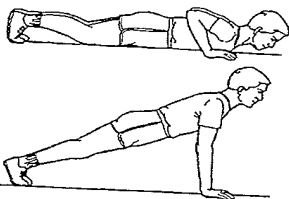


Rowing: Anchor band to a solid object at chest level. Place in closed door or tie to a secure filing cabinet. Hold end of band in each hand and bend at the elbow. Pull and squeeze shoulder blades together. Hold for 5 seconds. If you don't have a band, just squeeze!

2

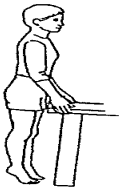


Squatting: Stand and place hands behind a chair for balance. Keep your belly muscles tight, your back flat with your head up. Bend at the knees and the waist. Don't allow your knees to go ahead of your toes and keep heels flat on the ground. Squat to a comfortable depth.



Pushup: Place body in pushup position as shown. This exercise can be performed against a wall. Place hands about shoulder width apart. Keep elbows close to body throughout pushup motion. Keep back flat and neck in line with body.

4



Calf Raises: Stand behind a chair or something sturdy for balance. Raise your heels off the ground and stand on your toes. Slowly lower.

5



Core Exercise: Sit up straight in chair or exercise ball. Keep shoulders drawn back. Squeeze the core. Extend one leg while the other is balancing on the floor. Bring leg back to starting position and try in opposite leg.

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Employee Wellness Program



Cutler Health Center

Care provided by Eastern Maine Medical Center

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