

Health & Wellness Tip of the Week

Week 3 January 16, 2017

January is all about **Physical Fitness**

It is the perfect time to remind everyone about the importance of staying fit and active.



How To Hold a Plank Longer

Planks can help to strengthen the core muscles in your abdomen, back, and hips. The plank involves holding the push-up position for an extended time with your body's weight being supported on your forearms, elbows and toes.

Holding a plank can be challenging, particularly when you are just starting out. To hold a plank longer:

- 👉 Do a plank every day.
- 👉 Turn your stop watch over so you can't see it.
- 👉 Read a magazine article or watch TV as a distraction.
- 👉 Hold the plank until it's uncomfortable. Then, hold the plank for 10 seconds more.

Sources: Hope Health

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

