

Improving your **Flexibility** will help you reduce your likelihood of injury, experience less pain and discomfort, improve your posture and balance, and increase your overall strength. You'll also get better at limbo. Enjoy your newfound power!

Improving your **Circulation** will help reduce your risk of heart disease and diabetes, increase blood flow to your arms and legs, improve your overall energy level, promote healthy cell growth and organ function, and develop healthier skin.

Improving your **Strength** will help you become stronger (obviously!) and more physically fit. It will also help protect your bone health, improve your muscle mass, make it easier to maintain a healthy weight, boost energy levels, improve your mood, and even help with chronic disease management. And if anyone you know is ever trapped under a car, you'll be able to help them escape!



Simple Exercises to Improve Your Overall Strength, Flexibility, and Circulation

Take the stairs instead of using the elevator.
Stairs – they're not just for emergencies anymore!

If you're on an escalator, consider **walking up or down while it's moving**. Basically pretend like they're stairs, because that's exactly what they are.

Calf raises – stand on the edge of a step or curb with your heels unsupported, then slowly lift yourself up and down, keeping your toes firmly planted at all times. This is an easy exercise to strengthen your legs and increase circulation to your lower extremities.

Wall push-ups – place both hands against a wall, then push yourself toward and away from it. The farther your feet are from the wall, the more work you'll do. This is an easy exercise to do if you'd like to increase your upper body strength.

Air squats – with your feet shoulder-width apart, bend at the knees into a squatting position, then stand back up. Keep your back straight as you descend and ascend, and try not to let your knees extend past your toes. (You might need to angle your feet slightly outward in order to do this.) Ascend and descend only as far and fast as you comfortably can.



Dance like nobody's watching – not only is it fun and will lead to numerous soon-to-be-viral videos, but it's also great for improving your flexibility and circulation throughout your entire body.