**Knee Hug into Lunge**

From a standing position raise one leg, then with both hands, take hold of shin and hug knee close to chest (count to two). Release leg and step into a lunge position leading with leg you just hugged (count to two). Repeat 6-8 repetitions on each side.

**Spiderman with Reach**

From a push-up position, step your foot up to the outside of your hand on one side. The hand on the same side you stepped up with will then open up and reach for the ceiling. Repeat the reaching movement for 8-10 repetitions on each side, making sure you hold a straight-line push-up position.

**Lateral Squat**

Start in a standing position then take a wide step directly out to the side. From this position, raise your hands in front of you and sit back into a squat toward the side you stepped to (make sure toes point forward and keep opposite leg straight as you sit to one side). Stand back up to a wide stance position, and repeat on other side. Perform 6-8 repetitions on each side.

**Healthy Tip:**

When eating fruits and veggies, eating more matters! Add a fruit or vegetable to each meal, such as carrot sticks at lunch or fruit with cereal in the morning.
FLEXIBILITY EXERCISES

**Hip Flexor**
Start in a lunge position with back knee touching the ground. Both hands will be raised in the air with your back straight. To stretch the hip flexor, lean forward slightly and hold a gentle stretch for 20-25 seconds. Repeat on other side.

**Crossover Hip Stretch**
Start from the hip flexor stretch position then drop the front leg down so that it is crossed under you and you are resting on the outside of the leg. Your hands will be in contact with the ground for support, while back leg remains straight. For more intense stretch, support your upper body with your forearms on the ground instead of your hands. Hold for 20-25 seconds, repeat on other side.

**Groin Stretch**
From a standing position with feet shoulder width apart, lower your hips into a low squat position (like a baseball catcher). Stop when your elbows are at the inside of your knees. From here you can push your knees apart with your elbows to stretch the groin muscles. Hold for 20-25 seconds.

**Healthy Tip:**
Your body will benefit from whole grains. Look for the word “whole-grain” or “whole-wheat” in the ingredient list. Delicious whole grains to try this week include oatmeal, popcorn, tortilla chips or whole wheat bread or crackers.
CORE EXERCISE

Medicine Ball Throw

(Using medicine ball or soccer ball) –

To start exercise, your stance will be shoulder width apart, holding the ball on the right side of your body. Your partner or a wall will be on the left side. When throwing the ball, bring it across the body and deliver it with two hands (NOT ONE HAND). Be sure to get a full rotation of your body at the release of the throw. This movement mimics shooting in hockey. When receiving the ball back from your partner or wall, catch it with two hands and repeat movement for 8-10 repetitions. If you are using a partner, be sure to throw the ball at a pace where they can catch it. If the ball is thrown too hard at a partner, there could be a risk of injury while trying to catch the ball.

Healthy Tip:
Thirsty for good health? A simple thing like choosing water over soda and sports drinks does wonders to keep you hydrated and can have a big effect on your health. Choose water instead of sugary drinks to quench your thirst each and every time.
Ring Drill For Speed

Start by standing on your left leg in a ready position with your right knee up. The rings (or circles drawn with tape or chalk) will be on the inside of the left foot about 10 inches away. Next, push off the left foot and take a quick step placing the right foot into the second ring, then the left into the first. You will complete the drill by stepping out of the rings onto the right foot mimicking the original starting position. Pause then repeat the quick steps to return to the left starting side. It is important to be quick with your steps across the rings and to be stable and pause on the outside of the rings in single foot stance. Perform 4 repetitions on each side.

Healthy Tip:
Build your bones! Foods that are high in calcium help you maintain strong bones. Choose low-fat milk, cheese and yogurt each day to get the right kind of dairy in your diet.
**STRENGTH EXERCISES**

**Body Weight Squats**

From a standing position with feet shoulder width apart, lower your hips into a low squat position by reaching back and bending the knees. Your heels should stay down and your knees should not drift forward over your toes while squatting. For balance reach your hands in front of you and keep great back posture. Do 10 repetitions.

**Squat Jumps**

Squat jumps have a similar position to a body weight squat. The biggest difference is that after the lowering movement, you explode and jump up then land in a controlled fashion. Landings need to be quiet and controlled with a focus on knee position and great back posture. Do 6-8 repetitions.

**Healthy Tip:**

Get your protein from plants! Protein is what your body needs and can be great for building muscle. This week try to eat plant proteins like nuts and seeds or beans and peas.