



Active at work: one-legged squats!

Strong leg muscles improve stability and diminish age-related loss of mobility.



1. Start by sitting on a chair, with one leg raised.
 2. Keep your arms and leg in front of you, stand up.
 3. While standing on one leg, sit back down on the chair.
- Switch legs and repeat steps. Do for 30 seconds.

Muscles worked: hip flexors, core, quadriceps and glutes.



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