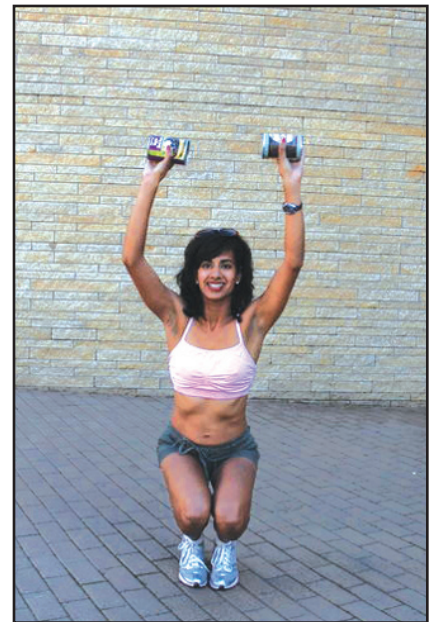


Move of the Month



Toe Squat and Can Reach

(shoulders, core, hips, thighs, glutes)

Stand with feet together and hold a food can in each hand and overhead. Lower hips into a half squat and then lift your heels, balancing on the balls of your feet.

– Courtesy of Living Lean 925-360-7051.