

## Exercise Move of the Month



The Bicep Curl with Plie Squat might sound like something good to eat, but it actually uses food to help you lose weight! Hold one food can in each hand. Keep arms close to body with arms extended. Spread legs apart, feet pointed at 45 degree angles.



Photos by SALLY HOGARTY

Bend elbow to lift cans toward shoulders and then lower cans down. As you raise the cans up, bend your knees so your thighs are parallel to the floor. As you lower your arms, straighten your knees. This move works your biceps, buttocks, and thighs.