



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



GETTING INTO GAME SHAPE

*HEAD STRENGTH AND CONDITIONING COACH
BARRY RUBIN SHARES SOME GREAT WAYS
TO STAY ACTIVE DURING THE HOLIDAY SEASON*



BARRY RUBIN

Barry Rubin is currently in his eighth season as the Chiefs Strength and Conditioning coach. Rubin has played a critical role during his time with the club, implementing and maintaining a strength and conditioning program throughout the year that prepared the team for eight-consecutive winning seasons, including earning the club its fifth-straight AFC West Division Championship as well as the first Super Bowl Championship in 50 years.

WAYS TO STAY FIT

As we navigate the Holiday season, the erratic schedules can make it easy to fall out of your routine, including making time to maintain your physical fitness. Try the below workout at home or outdoors, as weather permits, to give your day-to-day life some structure while helping you to stay motivated and positive during this busy time of year.

MONDAY – WEDNESDAY – FRIDAY

Challenge yourself to 1-3 rounds depending on your comfort level while resting 1-3 minutes between each exercise



BODY WEIGHT SQUAT (10-15 reps)

- Stand with feet parallel or turned out 15 degrees — whatever is most comfortable. Slowly start to crouch by bending hips and knees until thighs are at least parallel to the floor.
- Make sure your heels do not rise off the floor. Press through your heels to return to a standing position.



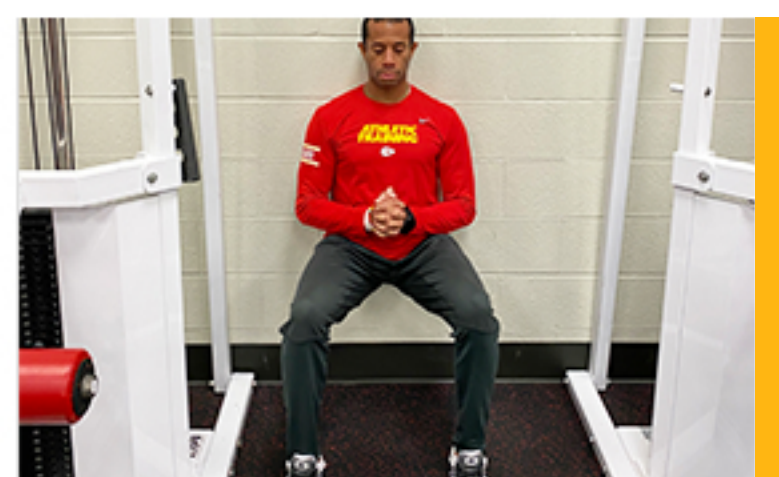
PUSH-UPS OR KNEE PUSH-UPS (10-15 reps)

- With hands shoulder-width apart, keep feet flexed at hip distance and tighten your core. If you chose to do knee push-ups, get into the pushup position and lower your knees to the floor. Bend elbows until chest reaches the floor, then push back up. Make sure to keep your elbows tucked close to your body.



FRONT PLANK (30 seconds)

- Lie facedown with forearms on the floor and hands clasped. Extend legs behind you and rise up on toes. Keeping back straight, tighten core and hold the position.



WALL SITS (30 seconds)

- Slowly slide your back down a wall until your thighs are parallel to the floor. Make sure knees are directly above ankles and keep back straight. Go for 30 seconds per set (or however long it takes to turn those legs to jelly).



ARM CIRCLES (10 front and 10 back)

- Stand with arms extended by your sides, perpendicular to your torso. Slowly make clockwise circles about 1 foot in diameter 10 times. Then reverse the movement, going counterclockwise.



DOUBLE-LEG GLUTE BRIDGE (10-15 reps)

- Lie faceup with knees bent and feet hip-width apart. Place arms at your sides and lift your spine and hips. Only your head, feet, arms, and shoulders should be on the floor. Lower your spine back onto the floor. Try to do 10-15 times.

IMPORTANCE OF EXERCISE IN OUR DAILY LIFE:

- Exercise has an anti-inflammatory effect on the body, which can help build your immune system
- Releases endorphins, leading to a happier lifestyle
- Gain more energy to help fuel your body throughout the day
- Maintains healthy blood pressure
- Supports brain and memory health
- Aids in relaxation and sleep quality



TUESDAY – THURSDAY – SATURDAY

Go for a 30-minute walk, run, or bike ride outside! If 30 minutes is too long, start with 15 minutes.