



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



GETTING INTO GAME SHAPE

*HEAD STRENGTH AND CONDITIONING COACH
BARRY RUBIN SHARES SOME GREAT WAYS TO
STAY ACTIVE AS WE KICK OFF THE NEW YEAR*



CONTINUING TO STAY FIT

The last time we heard from Coach Barry Rubin, he challenged us with a workout routine to help as we navigate the hectic Holiday season. Now that we're in the throes of a new year, Coach Rubin has provided new exercises that bring additional levels of fitness to the routine. Try the following workout at home or outside throughout the week, as weather permits, to help you stay motivated and positive.

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.



LATERAL LUNGE (5 REPS EACH SIDE)

- Start with your feet shoulder-width apart, toes pointed straight forward. Make sure to have good posture. Step out with your right foot as wide as possible. Engage through the right heel as you drop your hips down and back while keeping the left leg straight, stretching the groin on the left leg and keeping both soles of the feet on the ground and toes pointed straight forward. Make sure your right knee is tracking over your right foot the whole motion. Squat as low as possible and return to the standing position. Repeat until you have done five reps and then switch to the other leg to repeat.



Y.T. (5 REPS OF EACH POSITION)

- Y – Standing while having a slight bend at your waist, glide your shoulders back and down towards your waist. Lift your arms above your head to form a Y. Lower back down and repeat five times.

- T – Again, Standing while having a slight bend at your waist, pull your shoulder blades in towards your spine while extending your arms to the side to create a T. Keep your arms long and straight with your thumbs up in the air. Squeezing your shoulder blades back and down, repeat five times to finish one rep.

- This exercise will improve your shoulder stability, rotator cuffs as well as scapular.



BIRD DOG (5 REPS EACH SIDE)

- Begin on all fours with your hands directly under your shoulders and your knees directly under your hips. Pull your abs in to your spine. Keeping your back and pelvis still and stable, reach your right arm forward and left leg back. Don't allow the pelvis to rock side to side as you move your leg behind you. Keep your core tight. Reach through your left heel to engage the muscles in your core and glutes. Return to the starting position, placing your hand and knee on the floor. Repeat on the other side to complete one rep. Try to do five times on each leg.

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.

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.**