



HEALTHY AT HOME

BY CRISTINA FORMICHELLI PHOTOS BY ANSEL LAVIGNE

Let's be honest: no one really wants to be doing a whole lot of moving around during a pandemic, especially now that it's colder out. The months of not being able to leave the house certainly took a toll, and wearing a mask at the gym isn't easy or very comfortable when breathing hard. If working out just isn't the move right now, here are some basic stretches to do to feel good without the awful soreness that often accompanies working out.



1 FOR THE BACK: SEATED TWIST

Sit on the ground with both legs straight and together. Cross one leg over the other, and put that foot as close to the opposite hip as possible. Take the arm opposite of the crossed leg and rest it just above that knee. Twist opposite the direction of the legs and push the arm against the knee. Hold for about thirty seconds, then switch and repeat.

2 FOR THE SHOULDERS: DELTOID STRETCH

Start standing up for this stretch. Reach one arm across the chest and hook underneath it with the other arm for support, pulling the crossed arm closer to the chest. Hold for about twenty seconds, then switch arms and repeat.

3 FOR THE TRICEPS: ELBOW-UP STRETCH

Start standing up for this stretch. Reach one arm behind the head and place that hand in the middle of the upper back. Grab that elbow with the free hand and pull it toward the arm that grabbed the elbow. Hold for about twenty seconds, then switch arms and repeat.

4 FOR THE HAMSTRINGS: MODIFIED HURDLER STRETCH

Sit on the ground and straighten one leg. Bend the other leg and meet the bottom of that foot to as high on the other thigh as possible. Then reach both arms down and bend the torso low over the extended leg for about thirty seconds. Switch legs and repeat.

5 FOR THE QUADS: KNEELING STRETCH

Start in a wide lunge position with one foot forward and the other leg kneeling. Find a balance, keep the hips square, and make sure everything's straight. Place both hands on the front leg's knee and lean forward as far as possible. Hold for about thirty seconds, switch legs, and repeat.

diy:work it

Now that you're all limbered up, you might as well go work out! With all the sitting around that comes with an online semester and a global pandemic, getting up and stretching every once in a while is crucial for when the world is back to normal and everyone's itching to get back out there. In the meantime, try aligning your stretch breaks with your study breaks!

