

# Alaska Strength & Muscle March Challenge “Exercising Resiliency”

## *Resiliency Challenge*

You will need – floor space, you (Bonus a friend, your family or co-workers)  
15 minutes of your choice 5–7 days a week

Or

Commercial times during 1-hour family show 5–7 days a week

Or

15 minutes before/after work or during lunch 5–7 days a week

### **Upper Body Flexibility Exercises**

**Stretch #1 Shoulder & Chest** This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.

**Stretch #2 Arm Across Chest** Place one arm straight across chest. Place hand on elbow and pull arm towards chest and hold. Repeat with other arm.

**Stretch #3 Triceps Stretch** Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



**Stretch #4 Glute Stretch** Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.

**Stretch #5 Adductor Stretch** Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.

**Stretch #6 Single Leg Hamstring** Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.

**Stretch #7 Standing Quadriceps** Standing on one leg, grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.

**Stretch #8 Standing Calf** Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.

## *Exercising Resilience*

*By MB Redington, MAT*



### ***Forward –***

Resilience is the ability to recover quickly from setbacks. Flexibility, pliability and elasticity hold similar meanings and can be demonstrated in the act of “springing back” after being bent, stretched or deformed.

Where do you exercise resilience? What challenge(s) are currently testing your flexibility? Not enough time in the day? A challenging economy that leaves too much month and not enough paycheck to cover expenses comfortably? Parenting? There are certainly plenty of life stressors to choose from. I am going to go out on a limb and assume that everyone could benefit from more time. Following a resilient approach to time management a particularly busy day of the

week could be offset by making sure the preceding/following day has protected down time – thus allowing one to “spring back” more quickly. In opposition to resiliency is rigidity; stiff, firm, inflexible and in my quite possibly toxic over time when rigidity is directly tied to unhealthy habits. Inflexibility sets a tone for behaviors, opinions and attitudes that are unchanging – stagnant and unyielding. Take the same time management problem and approach it with rigidity and the problem just continues week after week. The stress builds and nothing changes.

### *My Story*



As a wife, mother and educator I would say that resiliency is an essential survival skill that and we get a lifetime to practice. A shoulder injury is currently testing my resiliency. Honestly my own rigidity kept me in a rut long enough to cause severe tissue damage to the muscles that surround and support both rotator cuffs. To be blunt I have been so inflexible with the intensity level of training that I lost healthy balance. Remember the definition of insanity is the repetition of the same act with the belief that different outcomes will occur. I’m not saying I’m insane but I did continue to lift and lift and lift and lift with an injury thinking a different outcome– like miraculous overnight healing– might occur. I was literally in tears from pain coupled with major limitations to movement before I finally sought medical attention. Had I gone in 4–6 weeks earlier I

probably would have already “sprung back”. So here I sit in rehabilitation 5 weeks later. Better late than never. At least resiliency took hold to affect outcomes in the long run.

So, there’s a little piece of me. I hope to make you think and feel – no more no less.

What is your story to illustrate resiliency?

**Prologue** – Tenacious, hard-headed, full of energy; these traits accurately describe me. For me the greatest challenges in life are not working harder but quite opposite to be comfortable in the quiet. I am both blessed and plagued with a busy mind and a busy body. Always have been. I can go the extra mile no problem – it’s the calm that disturbs me. My own life experiences have led me to conclude that our greatest assets can at times be our biggest obstacles. I find both irony and humor in that observation as I revisit my old friend resiliency.

