30 Days of Fitness with Cassy

JANUARY 2023

Quick fit with Cassy

WEEK 1	**Knees** Strengthen Your Knees and Calves	**Balance** Dynamic & Static Balance Exercises	**Shoulders** Exercises to Loosen Hands & Shoulders	**Legs** Seated Leg Strengthening Workout	**Feet** Improve Foot & Ankle Reflexes	**Hips** Seated Hip Workout to Relieve Pain
WEEK 2	**Core** Build Core Strength to Reduce Pain	**Arms** Exercises to Relieve Elbow Pain	**Posture** Moves for a Healthy Digestive Tract	**Glutes** Complete Glute Workout	**Hips** Release Tight Hips with These 8 Moves	**Full Body** A Quick Stretch Break at Your Desk
WEEK 3	**Lower Body** 11-Minute Lower Body Stretch	**Balance** Exercises to Improve Your Gait and Stop Shuffling!	**Core & Legs** Core & Leg Conditioning	**Spine** Healthy Spine Workout	**Pain Relief** Relief for Stiff Hands & Shoulder Joints	**Cardio** Get Your Heart Rate Up!
WEEK 4	**Full Body** Midday Stretch at Your Desk	**Core** How to Build a Strong Core	**Upper Body** Toning Your Arms & Shoulders	**Mobility** Exercises for Weak Hip Flexors	**Pain Relief** Neck Stretches to Relieve Tension	**Performance** Improve Your Agility and Reflexes
WEEK 5	**Lower Back** Stretches for Sore Low Back & Tight Hips	**Warm-up** Morning Stretches to Start Your Day	**Core** Activate Your Deep Abdominals	**Strength** How to Build Strong Bones	**Balance** Balance Practice	**Full Body** Relieve Sore Muscles and Stiffness

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All episodes of *Quick Fit With Cassy* are available to watch online at **pbswisconsin.org/quick-fit-with-cassy** and on the free PBS Video App on Roku, Smart TVs and other streaming devices.