



# Wellness Buddy Wednesday Tip

## Upper-Body Strengthening with Stretch Bands

### **Horizontal Pull**

1. Hold one end of each band in each hand. Start with your arms out in front of you at shoulder level, with your elbows and wrists straight. Turn your palms down or facing each other, whichever is more comfortable.
2. Keep your arms at shoulder level and move your hands apart, pulling your arms out to your sides. Relax.

### **Chest Press**

1. Place the band across your back, resting it snugly over your shoulder blades. With your elbows bent, hold the ends of the band in front of each underarm. Your thumbs should be up, as when you hold a mug.
2. Straighten your elbows, pressing your arms forward. Relax.

### **Biceps Curl**

1. Hold both ends of the band in one hand. Using the foot on the same side, stand on the loop created by the band.
2. Bend your elbow and bring your hand up toward your shoulder. Relax.
3. Repeat with the opposite arm and foot.

*Have a healthy and safe week!*

Healthy Communities Healthy People Program  
Jackson County Health Department  
P O Box 310  
3045 4th Street  
Marianna, FL 32447

Phone: 850.526.2412 ext 282  
Fax: 850.428.9564  
Email: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)



**EXERCISE** Healthcare every **BODY** can afford!