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Your Daily Dose of Fitness Tips for Busy Season

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Editor's Note

Touching toes is nothing new. You've been doing it ever since you played Simon Says in preschool. But now you're faced with the issue of: Do I dig into another tax return or bank rec, or do I take a quick break and see if I can touch my toes? You know the answer! Taxes and bank recs will wait! Your toes are calling!

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Toe Touch

Work on your flexibility with this easy exercise. Flexibility is known as the range of motion at a given joint. Flexibility will increase your physical performance and keep you feeling young!

Step 1: Stand with your legs straight and your feet shoulder-width apart.

Step 2: Let your body hang forward and touch as far down on your body as you can.

There's more »»

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