

COHO Fitness Center

# Newsletter

Employee Health and Fitness



## MAY

**HOURS OF  
OPERATION:  
M-F: 6AM - 6PM**

### CONTACT THE TEAM:

cohofitness@teamcfw.com  
202-482-0437

### PAGE 1:

- Practice Good Posture!
- CFW Walk on the Mall!
- New GroupEx Classes!

### PAGES 2-5:

- 5K Your Way
- Fitness on Demand
- Group Exercise Schedule
- Stretches at Your Desk
- Meet Your Team

## PRACTICE GOOD POSTURE!

- Did you know, good posture can help improve your mood, help you breathe better, help prevent injury, AND decrease fatigue?
- Check out **pg. 4** to try some stretches that can help improve posture!



## CFW 5K Your Way Walk on the National Mall!

- Join Us on **Wednesday, May 17 at 11:00 am** and **Tuesday, May 23 at 1:00 pm** for a group walk on the National Mall! See **pg. 2** for more info on 5K Your Way!
- Stop by the fitness center (HCHB B3030) or email us at [cohofitness@teamcfw.com](mailto:cohofitness@teamcfw.com) to sign-up for the walk!



## Core Stability AND Foam Rolling!

COHO has added a *NEW* core stability class and a foam rolling class to our group exercise schedule! Come on by! **See Pg. 3 for the May Group Exercise Schedule!**





# 5K YOUR WAY



**17-27**  
MAY



**A FREE CFW 5K, COMPLETED  
YOUR OWN WAY!**

Submit your completion to win a prize.  
Move together with us on May 17th!

[\*\*Register Now\*\*](#)

## Fitness on Demand is **HERE!**

*Fitness on Demand (FOD) is a commercial virtual fitness platform  
with a variety of workouts to chose from!*



Join us for **THREE** yoga  
classes offered **on-site**  
at **COHO** using the  
Fitness On Demand  
platform!

**Mondays and Tuesdays**  
from **4:30 - 5 pm.**  
**Fridays from 11:00 -**  
**11:30 am.**

Email us at  
[Cohofitness@teamcfw.com](mailto:Cohofitness@teamcfw.com)  
to register!





**COHO**  
FITNESS CENTER

# Group Exercise Schedule

**MON**

**Functional Flexibility**  
w/ Jacob  
7:30 - 8:00 am

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**Yoga (FOD)**  
4:30 pm - 5:00 pm

**TUE**

**Foam Roll 4-11**  
w/ Menna  
10:30 - 11:00 am

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**Body and Balance**  
w/ Jacob  
12:00 - 12:30 pm

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**Yoga (FOD)**  
4:30 pm - 5:00 pm

**WED**

**Core Stability**  
w/ Menna  
7:30 - 8:00 am

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**High-Intensity Interval Training**  
w/ Jacob  
12:00 - 12:30 pm

**THU**

**Tabata Training**  
w/ Jacob  
12:00 - 12:30 pm

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**Foam Roll 4-11**  
w/ Menna  
12:30 - 1:00 pm

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**Core Stability**  
w/ Menna  
5:00 - 5:30 pm

**FRI**

**Yoga (FOD)**  
11:00 - 11:30 am

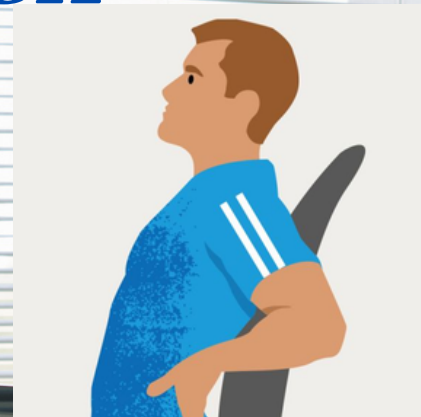
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**Functional Flexibility**  
w/ Jacob  
12:00 - 12:30 pm

*Register for classes in advance by emailing us at [Cohofitness@teamcfw.com](mailto:Cohofitness@teamcfw.com)!*

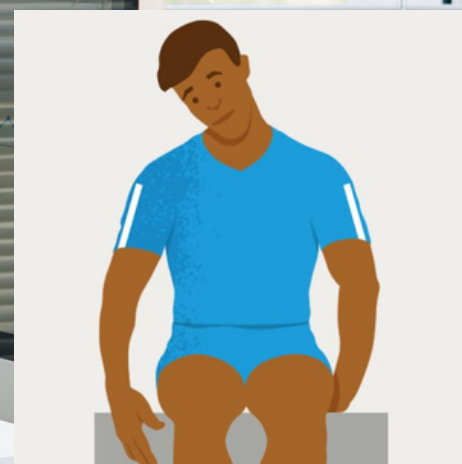
## 1. SITTING BACK EXTENSIONS

- SIT STRAIGHT WITH YOUR FEET TOGETHER.
- PUT THE PALMS OF YOUR HANDS INTO THE SMALL OF YOUR BACK.
- LEAN BACK OVER YOUR HANDS, FEELING YOUR LOWER BACK STRETCH OUT.



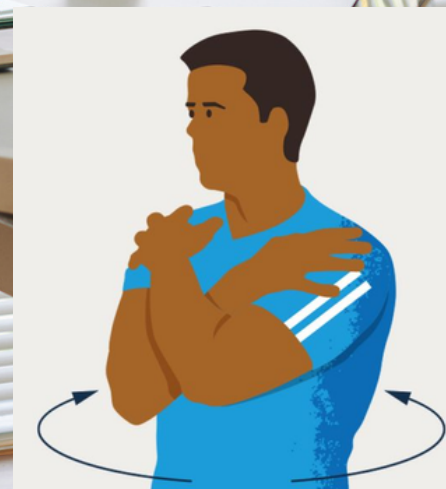
## 2. UPPER SHOULDER AND NECK STRETCH

- SIT ON ONE HAND.
- TILT YOUR HEAD AWAY FROM THE HAND YOU'RE SITTING ON.
- TILT YOUR HEAD SLIGHTLY FORWARD, TOWARDS YOUR SHOULDER.
- YOU SHOULD FEEL THE MUSCLES IN YOUR NECK AND SHOULDER BEING STRETCHED.
- CHANGE SIDES, AND REPEAT.



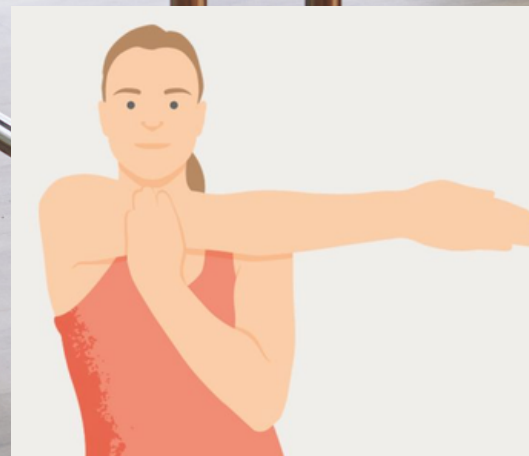
## 3. SEATED SPINAL ROTATION

- WHILE SEATED, CROSS YOUR ARMS OVER YOUR CHEST.
- GRAB YOUR SHOULDERS.
- ROTATE YOUR UPPER BODY FROM THE WAIST, TURNING GENTLY FROM LEFT TO RIGHT AS FAR AS FEELS COMFORTABLE.
- YOU SHOULD FEEL A TENSION ON BOTH SIDE OF YOUR LOWER BACK AS IT STRETCHES OUT.



## 4. POSTERIOR SHOULDER STRETCH

- HOLD ONE ARM ACROSS YOUR BODY.
- PULL YOUR ELBOW INTO YOUR CHEST.
- YOU SHOULD FEEL YOUR SHOULDER GENTLY STRETCHING.





# Meet your Team



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**Jacob White**  
*Health Fitness Specialist*  
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