

**RAPRD
SPRING 2021
FITNESS
CHALLENGE**

MARCH 1 - MAY 31, 2021

WEEK 4 – March 22nd – 28th

Vale, Oregon to Halfway, Oregon

120 Miles to travel!



*Halfway, Oregon looking
at Wallowa Mountains*

This week you will be traveling east into Idaho (and into a different time zone) to skirt the eastern side of the Payette National Forest. In Idaho you will travel along the eastern border of the Snake River, crossing back into Oregon and traveling on the western border of the Snake River. What a beautiful travel week!!!

Blink and you will miss Halfway...it is only 0.37 square miles. Incorporated in 1909, the town was named because it was halfway between Pine and Cornucopia and very close to the halfway point between the North and South Poles. In 1999 Halfway earned its place in history. After the e-commerce boom began, Halfway received \$110,000, 20 computers for school and other financial incentives to change its name to **Half.com** for a year! Halfway was the first American city to sport a dot-com moniker. The name half.com was purchased by eBay in 2001.

HEALTH TIP: Since Halfway has a connection with the internet and computers, and our last year of stay-at-home-workplace-in-front-of-the-computer, this week's health tip focuses on moving to reverse sitting! The classis yoga move cat-cow will release tension in the neck and back while stretching the chest and abdominal muscles. The exercise can be done in a chair or on the floor; arching your back while exhaling and rounding like an angry cat while inhaling. A hip hinge will wake up your glute muscles (from sitting for long periods they get lazy) and stretch muscles in the back body. Standing with feet apart and knees soft lean forward (hold your tummy in) so your torso is parallel with the floor. Be sure to bend at the hip not the low back. A figure four stretch will help tight hips; can be done sitting, standing or laying down. Cross one ankle over just above the opposite knee. Stretching the front of the shoulders and chest is important especially for working at computers. Clasp both hands behind back; roll shoulders back and squeeze the shoulder blades. Don't forget to breathe deeply! And your hands... Raise one arm straight in front palm up; with your other hand pull the fingers down and back. Also periodically flex and extend fingers and do wrist circles.

Have a great week getting to Halfway and we will see you at the next check point! Don't forget to set your clock!!!