

# live well be well

## WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we are highlighting Women's Health, Point West. These stretches will help you feel energized and limber throughout the workday.

**Harmit K Rai, LVN, will demonstrate these exercises.** Harmit and her team try to practice self-care in the workplace by participating in stretching. They encourage each other to take care of their mind and body through a supportive and positive environment. The team is eager to help and pick each other up during busy workdays.

In addition, Harmit's fitness journey shows her dedication and commitment to self-care. Her passion for fitness is not just about strength, but rather a tool to help support her mental health. She lifts weights 3-4 times a week, performs cardiovascular exercise daily, and is mindful about what she eats. These combined effects build strength and increase mental resilience—she feels grounded and centered during stressful times.

**Great job, Women's Health! Keep supporting one another and encouraging fitness and wellness in the workplace.**

**Exercise:** Lunge Plus Reach

**How to perform:** Place your left foot in front and right foot behind you. Bend the right knee and reach the right arm up. Look to your right finger tips and feel a deep stretch from your hand all the way down to your right knee. This stretch opens up your right hip flexor, ribcage, and core muscles.

**Duration:** Hold for 10 seconds and repeat on both sides.

