

# 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:** Squat Plus Knees to Elbows

**How to perform:** Push your hips back and place your body in a deep squat position. Place your elbows against your knees to open your inner thighs. Keep your spine straight and chest lifted. A modification is to perform a quarter squat and place your elbows against your knees.

**Duration:** Hold for 20 seconds and repeat multiple times throughout the day.

