

---

# live well be well

## WOW: work out of the week ::

Welcome to your Workout of the Week! **This month we are highlighting Point West Optical Sales.** The focus of this month is utilizing dumbbell exercises, and you can use weighted items such as books or water bottles if you don't have weights. Use good form and start slowly with each repetition.

Marc Anthony Rosario is a Point West optician with 15 years of experience, including nine with Kaiser Permanente. Though he has been working out since 2012, his daily interaction with active, thriving elderly patients inspired him to further refine his long-term health habits. He used this motivation to modify his lifestyle, aligning his personal health journey, with his professional role in patient care.

Marc Anthony maintains this commitment by training each day at the Point West employee gym, focusing on CrossFit and bodybuilding. He optimizes his schedule by combining fasted morning sessions with a second workout during his lunch break. This midday routine allows him to save money while staying disciplined with his nutrition. Most importantly, it removes any temptation to make poor food choices during the workday.

Marc's goal is to be a healthy, lasting role model for his two daughters, ages 6 and 4. By learning from his youth, he is building the longevity required to enjoy outdoor hiking, camping, and swimming with them, trying to set a strong example his daughters can live by as they grow up.

### **Exercise:** Side Bend

**How to perform:** Hold the weight with a firm grip. Inhale, slowly lower the weight down to the ground while maintaining a straight spine and avoid leaning forward and rounding your back. You should feel a deep stretch on the side of your body. Exhale, return back to starting position.

**Duration:** Repeat for 10 repetitions on both sides.

