

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month's **WOW's will focus on stretching your shoulders.** Typing and excessive electronic use can cause your shoulders, neck, and chest to become stiff and sore. Regular stretching can alleviate the pain and increase your range of motion.

This month we have **Dr. Ryan Carver, Chief of Joy and Meaning in Medicine (JAMM).** Dr. Carver is active on his off days and loves to perform strength training, aerobic activity, and stretching. He has a busy schedule but still finds time to exercise and practice self-care. Way to go Dr. Carver and you are an inspiration!

**Exercise:** Standing tricep and shoulder stretch

**How to perform:** Stand up tall and pull on your left elbow with your right hand. Keep your chest lifted and look straight ahead. To deepen into the stretch, lean over to the right as you pull on your elbow.

**Duration:** Hold for 30 seconds and perform on both left and right side.

