

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** We will be working with a resistance band for this month's workout.

**Melissa Johnson, Chief Administrative Officer for Roseville, will demonstrate the exercises for this month.**

Melissa loves to exercise and practices strength training regularly. She understands the importance of taking care of her body and enjoys the challenge of weightlifting.

**Exercise:** Resistance Band Mid Back Pull

**How to perform:** Stand up tall and hold the band with your hands with palms facing down. Exhale, pull the band apart and squeeze your shoulder blades together and keep your chest lifted. Inhale, release the band back to starting position.

**Duration:** Perform 10 to 12 repetitions with good form and breathing.

