

# 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 Lateral Raise

**How to perform:** Stand on the band and hold the handles with palms facing in towards your body. Exhale, lift the band up while keeping your elbows straight. You can bend your elbows to make the exercise easier. Inhale, slowly release the band to starting position.

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

