

# 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 Bicep Curl

**How to perform:** Stand up tall place the resistance band under your foot. Exhale, bend your elbows and bring the band up to your shoulders. Inhale, slower lower the band back down to starting position.

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

