

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we will focus on squats so get ready to feel the burn!

**Kimberly Menzel, Senior Vice President-Area Manager Hospital Administrator will demonstrate the exercises for this month.** Kimberly is an avid walker and walks regularly during her free time. When she's not walking, she attends Orange Theory for weekly exercise classes.

**Exercise:** Bodyweight Squat with Forward Reach

**How to perform:** Squat down and push your hips back while reaching your arms in front. Keep your elbows straight and lift your chest. Try to squat until your thighs are parallel to the ground or bend your knees to a 45 degree angle.

**Duration:** Perform 10 repetitions with good form.

