

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** We will focus on stretching out the neck this month.

**Dr. Laura Tinti, Associate Chief Administrative Officer, will demonstrate how to stretch out your neck.** Laura is a fitness enthusiast and loves to walk, weight train, and practice yoga. Keep up the great work!

**Exercise:** Look up and look down

**How to perform:** Look up and back to the ceiling to feel a deep stretch on the front side of your neck. Look down and tuck in your chin to stretch out the backside of your neck.

**Duration:** Hold for 10 seconds for each exercise and repeat multiple times throughout the day.

