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# 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:** Ear to shoulder.

**How to perform:** Bring your ear over to your shoulder without shrugging your shoulders up. Switch to the other side.

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

