

---

# 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.

**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:** Neck massage.

**How to perform:** Place your fingers on the side of your neck and gently massage. Press your fingers in as you look up, look down, look right, and look left. These muscles tend to get tight with computer usage and massage can help alleviate some of the pain.

**Duration:** Massage for 20 seconds on both sides and repeat throughout the day.

