

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we will practice resistance training with free-weight dumbbells. If you don't have weights at home or in the office, you can use books, water bottles, or anything that has weight as resistance.

**James Robinson (or Jay), Senior Vice President/Area Manager for Sac & SSC, will demonstrate this month's exercises.** Jay has a deep passion for exercise and works out regularly. He does weightlifting, swimming, golfing, and has recently started to play pickleball.

**Exercise:** Lateral Raise

**How to perform:** Hold the weight to your side with palm facing in toward your body. Exhale, slowly lift the weight so your arm is parallel to the ground. Inhale, slowly release the weight to starting position.

**Duration:** Perform for 10 repetitions on both the right and left side.

