

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month's focus on stretches to perform before or after walking.

**Esperanza Chavez (or Espee), Chief Nurse Executive, will demonstrate these exercises.** Espee is passionate about yoga as it helps her stretch her body and relax her mind. She feels so much better physically and mentally after she practices. She also loves walking, hiking, and being outdoors in nature.

**October is Walktober, so we are celebrating walking for the month!**

- GoKP is launching a virtual walking program, and you can walk virtually across various destinations around the world. To sign up, [please click on this link.](#)
- If you need some inspiration on where to walk while on campus, we have walking maps that are already created to help motivate and inspire you on your next route! [Please click here for campus walking maps.](#)

**Exercise:** Calf stretch

**How to perform:** Place your right foot in front and left foot behind you. Bend your right knee and keep your left leg straight. Keep your chest lifted and lean forward.

**Duration:** Hold for 20 seconds and repeat on both sides.

