

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month's focus is to stretch out your shoulder with the help of a resistance band.

**Dusty Miller, Chief Administrative Officer—Sacramento, will demonstrate these exercises.** Dusty has a deep passion for exercise and tries to go to the gym every morning to weight train. He also enjoys cardiovascular exercise, which includes basketball, running, and cycling. Finally, he understands that nutrition is important to his overall health, so he tries to eat healthy by increasing his fruit and vegetable intake and reducing his consumption of processed foods.

**Dusty, you are an inspiration! Thank you for role modeling health and wellness as a leader.**

**Exercise:** Standing lateral raise.

**How to perform:** Place the band under your left foot and hold the band with your left hand. Exhale, raise the band laterally to the side and keep your elbow straight. Inhale, slowly lower the band back to starting position.

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

