

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: Overhead chest stretch with band.

How to perform: Position the band above your head while pulling the band apart. Stand up tall, squeeze your shoulder blades together, and keep your chest lifted. You should feel a deep stretch on your shoulders, chest, and your entire upper body.

Duration: Hold for 20 seconds and repeat multiple times throughout the day.

