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# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we will focus on seated core exercises to strengthen your mid-section and improve overall stability. Best of all, these exercises are all bodyweight and can be performed anywhere and anytime!

**Debbie Reitter, Chief Executive Nurse, will demonstrate these exercises.** Debbie is a huge advocate for mindfulness and disconnecting from work. One of her favorite things to do is to put away electronic devices so she can listen and enjoy music. She comments that music therapy helps her unwind from a long workday and her current favorite playlist is holiday music. In addition, she understands the importance of fitness, so she walks daily with her Dalmatian.

**Great job, Debbie! Something simple as walking and listening to music can help reduce stress and increase physical activity.**

**Exercise:** Seated elbows to knees.

**How to perform:** Sit up tall and place your hands on the back of your head. Bring your left knee up and twist your spine to bring your right elbow to your knee. Keep your chest lifted and avoid rounding your spine.

**Duration:** Hold for 10 seconds and repeat on the other side.

