

live well be well

WOW: work out of the week ::

Happy New Year and Welcome to your Workout of the Week! This month we will focus on smaller groups within Kaiser Permanente departments who are actively taking care of their health thru fitness and exercise.

Mike Ochoa, Doctor of Physical Therapy for Home Health, will demonstrate 4 exercises he feels are essential for movement and mobility. Mike loves CrossFit and has been practicing this sport for 15 years and working out/weight lifting for over 22 years. His deep passion also extends to running and he recently participated in the California International Marathon to finish his first marathon run.

Mike also teaches a monthly exercise class for his coworkers and during class he leads total body conditioning movements and strength training exercises. His coworkers comment that they notice an increase in strength, improved mobility, and they feel their best afterwards.

Finally, he also has a YouTube channel called **MOVE with Dr. Mike**, on these free videos, he demonstrates how to **build strength, prevent injuries, and build longevity for your body.** For more information on his YouTube channel, you can [subscribe here](#) or scan the QR code with your smart phone to subscribe.



Exercise: Bodyweight Squat

How to perform: Stand up tall and place your feet shoulder width apart with your toes slightly turned out. Push your hips back as if you're sitting in a chair while bracing your core and keeping your spine upright. You can reach your arms in front to help you balance. Make sure your knees do not go past your toes and thighs are parallel to the ground. Then stand up tall and return to starting position.

Duration: Repeat for 10 repetitions.

