

live well be well

WOW: work out of the week ::

Welcome to February and your Workout of the Week! This month we will highlight Riverside Adult Family Medicine, Module 6.

Dr. Faisal A Kanbar-Agha who works in AFM Module 6 will demonstrate 4 exercises he feels are essential in the workplace. Faisal is a fitness enthusiast and loves to exercise. He attends GTX classes at Lifetime Fitness, which focus on strength and cardiovascular endurance. These classes are very challenging as they focus on elevating and varying heart rate zones. Faisal also tries to exercise in the workplace when he has free time.

When he's not with patients, he does quick energizing movements, such as squats, push-ups and other calisthenics movements. He also encourages his team to exercise, and they enjoy the healthy push.

Great job, Faisal! You and your team are an inspiration and keep up the great work!

Exercise: Take the stairs

How to perform: Instead of elevator, Dr. Kanbar-Agha takes the stairs to obtain short fitness breaks. You can take the stairs instead of the elevator anytime, anywhere, and this will help with adding more fitness into your day. Remember to not look at your phone while doing this as it can be a distraction!

Duration: Anytime you have down time! A short stair climb goes a long way.

