

**March is here and welcome to your Workout of the Week!** This month we will highlight Lincoln Physical Therapy.

**Wesley Endow, DPT, will demonstrate four essential exercises that can improve fitness and mobility.** Wesley is a Senior Physical Therapist and received his doctorate from Sacramento State. Has been working with the organization for 3 years and practicing Physical Therapy for 6 years. His passions include water polo, swimming, and wrestling. Recently, Wesley has developed an interest in martial arts and currently practices Judo, a sport which requires not only physical fitness but also mental resilience.

Wesley is also the wellness ambassador for his department and enjoys exercising and staying active with his coworkers. He encourages them to move in the workplace.

**Great job, Wesley! You and your department are role models for health and wellness in the workplace.**

**Exercise:** Bird/Dog Pose

**How to perform:** Position your body so that your hands and knees are on the ground. Inhale, reach your right hand in front of you and kick your left leg back. Stretch your body in two directions and keep your entire body rigid. Bring your arm and leg back in and repeat.

**Duration:** Perform for 8 repetitions on both sides of your body.

