

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: Side Plank

How to perform: Position your body on your side and keep your left forearm on the ground. Inhale, lift your torso and keep just your ankles and forearm on the ground. Your whole body should be rigid and avoid any shaking or moving.

You can also place your right hand on the ground for extra support while performing this exercise.

Duration: Hold for 20 seconds and repeat on both sides.

