

**Welcome to your Workout of the Week! This month we are highlighting Optical Center, Downtown Commons MOB.**

**Alexis San Luis, Optical Sales Dispenser, will demonstrate these stretches to combat sitting for extended periods of time.** Sitting can cause lower back and upper body stiffness, so it's essential to move and stretch frequently in the workplace.

Alexis has a long and extensive fitness background. She started Taekwondo when she was 11 and currently holds a student black belt. She also has experience in judo and jujitsu as well. She has competed in Tough Mudder and Spartan Races for teamwork, comradery, and to challenge her fitness goals. Currently, she enjoys roller-skating and rock climbing when she has free time. Finally, she is excited to deepen her yoga practice and will take a 200-hour Yoga Teacher Training in February with Doma Yoga Studio in Midtown.

**Great job, Alexis and Optical Center! Thank you for role modeling health and wellness in the workplace.**

**Exercise:** Standing Shoulder Stretch

**How to perform:** Stand up tall and place your left arm across your body. Pull on your left elbow to feel a deep stretch in your left shoulder.

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

