

# live well be well

## WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we are highlighting Radiology and Mammography Department, at Roseville Medical Center.

**Renee Smedley, Radiologic Technologist**, will demonstrate this month's exercises. They will focus on shoulder and wrist stretches, as these are common areas where this group experiences discomfort.

Renee has recently started working out at the gym for strength training. She hired a personal trainer to help with lifting mechanics and how to strength train properly. She has found that it can be challenging getting up early and going to the gym, but afterwards she loves the way it makes her feel and enjoys the additional increased energy.

In addition, her family shares skiing as a family hobby. Renee started skiing at the age of 38, and both she and her husband understood the importance of a healthy and active family. They all enjoy winter activities in the snow and have been active every winter season. It brings her great joy to see both herself and her children grow in the sport. She is grateful, happy, and joyful, and she looks forward to continuing these winter traditions for many years to come.

**Exercise:** Standing shoulder and chest stretch.

**How to perform:** Place hands behind you and lift your arms up and keep your elbows straight. Gently lean your body forward while simultaneously lifting your arms back.

**Duration:** Hold for 20 seconds and repeat multiple times throughout the day.

