

# live well be well

## WOW: work out of the week ::

Welcome to your Workout of the Week! **This month we are highlighting Ophthalmology, Point West.** This month's workout will focus on resistance band exercise to build and tone your muscles!

**Kasey Sifers, Vision Services Assistant II, will demonstrate these exercises.** She has over 18 years of experience in Ophthalmology and she loves to exercise. She walks 6-9 miles each day, lifts weights, and performs reformer Pilates at home and mobility exercises. Because she has had multiple joint surgeries, exercise is therefore a non-negotiable to keep herself healthy and in-motion. The eye services department typically promotes good health with walking, yoga, and sharing exercise methods as well as different stretches. Many of the employees also walk together on their lunch breaks.

**Exercise:** Standing resistance band squat.

**How to perform:** Place both feet over the band and hold band by its handles on the outside of your arm. Inhale, push your hips back and pretend as if you are sitting in a chair. Exhale, stand up tall and return to starting position. Brace your core and keep your chest lifted during this exercise.

**Duration:** Repeat for 10 repetitions.

