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# live well be well

## WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we are highlighting **AFM 9, Eureka**. This month's workout will focus on chair stretches.

**Maro Zomat, Medical Assistant, will demonstrate these exercises.** Maro has a strong passion for staying active and maintaining a healthy lifestyle. She enjoys going to the gym regularly, especially participating in Zumba classes and weightlifting 4 days a week. On the other days, she makes sure to stay active by walking during her lunch breaks at work. She has been with Kaiser Permanente for 15 years, and it has truly been a meaningful part of her life. As she prepares to retire this year, she knows she will deeply miss being part of such dedicated and supportive environment. Fitness has always been an important part of Maro's lifestyle, and she looks forward to continuing this journey into her next chapter.

**Exercise:** Chair squat

**How to perform:** Place your hands on a chair and ensure the chair is stationary and does not move. Push your hips back, straighten your arms, and squat down. Suck in your stomach and keep your spine straight. You should feel a deep stretch in your hips, shoulders and back.

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

