

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: Forward fold with hands on chair

How to perform: Stand behind a chair and ensure the chair does not move. Place your hands on top of the chair, push your hips back, and straighten your arms. You should feel a deep stretch in your shoulders, back, and hamstrings.

Duration: Hold for 20 seconds.



