
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: Seated pigeon

How to perform: Sit up tall in your chair and place your right ankle on your left knee. Place your hands on your shin and lean forward to feel a deep stretch in your right hip. Keep your spine straight and pull your shoulder blades back.

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

