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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 Occupational Medicine, Folsom. **Madeline Waters, Cashier/Receptionist** will be demonstrating lunge exercises.

Madeline is making 2026 the best year for fitness and health. She's come a long way with her fitness journey through more movement and walking in the workplace. She is also actively working on diet through reducing sugar intake, incorporating healthier snacks, and increasing her hydration as the weather warms up. She also loves taking a walking break and visiting the local KP Farmers Market to incorporate more fruits and vegetables in her meals.

**Exercise:** Side Lunge

**How to perform:** Place your feet 3 feet apart and hands on your hips. Lead over to the right by bending your right knee and keeping the left knee locked. Then switch to the other side by bending the left knee and keeping the right knee straight. The deeper you bend the more you will feel the stretch in your inner thigh.

**Duration:** Hold for 10 seconds and repeat on both sides.

