
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: Lunge and Twist

How to perform: Step your right foot in front and lunge by bringing the back knee down. Place your left hand on the outside of your knee and twist your spine while looking over your right shoulder. You should feel this stretch in your hips and lower back.

Duration: Hold for 5 seconds and repeat on both sides.

