

# 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:** Stationary Lunge

**How to perform:** Place your right foot in front and step your left foot behind you. Place both hands on your hips and bend your left knee down to the ground. Both knees should be at a 90-degree angle and keep your spine upright.

**Duration:** Perform 8 repetitions and repeat on both sides.

