

live well be well

WOW: work out of the week ::

Welcome to your Workout of the Week! This month we are highlighting Mental Health. **Dr. Maja Mircic, board-certified physician, will demonstrate these exercises.** Dr. Mircic is a fitness enthusiast and loves all forms of exercise. She is proud to work for Kaiser Permanente and lead this month's exercises, which focus on utilizing a wall for various strength, core, and stretching!

Dr. Mircic has been with Kaiser Permanente for a decade and is the Assistant Chief of Interventional Psychiatry Services. To ensure that she is at her best for her patients, she prioritizes her own physical and mental well-being. She loves starting her mornings before work with group exercise classes, combining rowing, boxing, and weight training. Building this physical strength gives her the energy and resilience needed to have a productive workday.

She is also a certified rescue scuba diver. She loves exploring and cleaning our oceans, learning about marine ecosystems, and connecting with the diverse global community of fellow diving enthusiasts.

Finally, Dr. Mircic is a proud physician for Kaiser Permanente. She states that is a profound privilege to work alongside her dedicated team to make a meaningful difference in our patients' lives every day.

Exercise: Modified Wall Sit

How to perform: Perform a regular wall sit from last week but modify by raising one foot off the ground while keeping the knee straight. Keep your core tight, and try to hover your foot. A modification is to raise your foot and lower to the ground.

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

