

# 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 it is a profound privilege to work alongside her dedicated team to make a meaningful difference in our patients' lives every day.

**Exercise:** Wall Sit

**How to perform:** Find an empty wall and place your spine against the wall. Lower your body until your knees are 90 degrees, keep your core tight, and place your hands against your hips.

**Duration:** Hold for 20 seconds and repeat multiple times throughout the day.

