

Welcome to your Workout of the Week! AFM Administration at Point West will demonstrate stretches to alleviate the aches and pains of sitting and working for extended periods.

Tracy Sakasegawa, Administrative Coordinator II, will demonstrate these stretches. Tracy has been at Kaiser Permanente for 29 years and in December she will celebrate her 30th anniversary. She and her team perform much needed self-care by trying to walk during breaks and stretching in the workplace. When she's not working, she loves to go fishing to be in nature and release stress. She goes with her brother and nephew to fish trout and stripe bass at Los Vaqueros Reservoir and Watershed.

Exercise: Standing Chest Opener.

How to perform: Place both hands on your ears and pull your elbows back. Look up to the ceiling and squeeze your shoulder blades together to open your chest. You should feel a deep stretching sensation on the front side of your body.

Duration: Hold for 20 seconds.

