

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 Shoulder Stretch

How to perform: Raise your arms above your head and interlace your fingers while pointing the index finger up. Squeeze your palms together, straighten your elbows, and reach your arms as high as you can. You should feel a deep stretch in your arms and shoulders.

Duration: Hold stretch for 20 seconds

