

live well be well

WOW: work out of the week ::

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 Hamstring Stretch.

How to perform: Step your right foot in front and keep this knee locked while pointing the toes to your face. Bend your back knee and gently lean forward to feel a deep stretch in the back of your right leg. Keep your spine upright and avoid rounding of the lower back.

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

