

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: Ear to Shoulder Neck Stretch.

How to perform: Bring your right ear to your right shoulder without shrugging your shoulders up. Gently place your right hand on the top of your head and pull to the right. You should feel a deep stretch on the left side of your head.

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

