

Welcome to your Workout of the Week! GI Roseville will highlight this month's workouts.

Janelle Howard, Nurse Manager, will demonstrate exercises she feels are essential for the workplace. With over 18 years of experience as a Registered Nurse, Janelle has dedicated her career to promoting wellness. Her passion lies in helping others to optimize their wellbeing and become the best version of themselves. The better we care for ourselves the better we can care for others. She uses fitness to maximize her physical capabilities while also supporting her mental health. Finally, she finds joy in helping others along in their journey.

Janelle also teaches a 12:30pm boot camp class on most days at Eureka Hospital for KP employees during lunch. **Please reach out to her if you would like to attend!**

Exercise: Side Lunge

How to perform: Open your feet 3 to 4 feet apart. Bend your right knee and lean to the right while keeping the left knee locked and pointing the left toes to the ceiling. Keep your spine upright and sink your hips back to feel a deep stretch in the back of your left leg.

Duration: Hold for 10 seconds and repeat on both sides.

