

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: Stationary Lunge

How to perform: Step your right foot in front and keep your back left toes on the ground. Inhale, slowly lower your back knee to the ground. Exhale, straighten both legs and return to starting position.

Duration: Perform for 5 repetitions on both the right and left side.

