

Welcome to your Workout of the Week! This month we are highlighting Radiology, Roseville.

Brandon Madrid, Imaging Technician Aide, will demonstrate this month's exercises. Brandon has been with Kaiser Permanente for 17 years, and one of the things he enjoys most is serving as the Fitness Champion for his department. He loves having the opportunity to help his coworkers reach their fitness goals and to encourage them to keep moving and stay motivated.

His journey into fitness began in his late teens, thanks to his brother, who was a trainer at World Gym. His brother's influence sparked his passion for health and wellness, and he is thankful for the guidance.

More recently, he has become more involved in workplace safety by joining the RAD Safety Team. Through this role, he's come to truly understand the importance of proper ergonomics and the value of taking care of our bodies—not just for fitness, but to prevent injury and maintain our ability to work safely and effectively over time.

Exercise: Seated Hamstring Stretch.

How to perform: Sit up tall in your chair and place both hands on your hips. Straighten out your right leg and keep the right knee locked. While maintaining a straight spine, hinge at the hip and lean your body forward. You should feel a deep stretch in your calf and the back of your leg.

This stretch can help reduce lower back and hip tightness/stiffness.

Duration: Hold for 20 seconds and repeat throughout the day.

