

live well be well

WOW: work out of the week ::

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 neck stretch.

How to perform: Sit up tall in your chair. Inhale, place your hand on the side of your head while maintaining a straight spine. Exhale, look down and gently round your upper neck. Continue to breathe throughout the stretch and relax the upper spine muscles.

This stretch can help improve neck mobility and reduce neck pain.

Duration: Hold for 10-20 seconds and perform throughout the day.

