

Welcome to your Workout of the Week! This month we are highlighting Health Education, Corporate Health Promotion and Lifestyle Medicine.

Tamara Wilgus, CHES and Registered Yoga Teacher 200, will demonstrate essential stretches for the workplace.

Tamara has a broad range of exercise background, which includes running, stretching, yoga, and mindfulness. She is passionate about helping communities improve their health and wellbeing through balanced nutrition and movement.

The Corporate Health Promotion and Lifestyle medicine team improves their health through taking stretching and mindfulness breaks throughout the day. Most of us can sit for long periods of time due to meetings and computer usage. To combat this, this team encourages one another to go for walks, stretch, go outside for sunshine, and disconnect from electronics. This team also supports one another by creating a cohesive and supportive environment where everyone is thriving in the workplace and outside of it.

Exercise: Twisted Goddess Stretch

How to perform: Push your hips back and position your body into a deep squat. Place your right elbow against your right knee and reach your left arm above your head. Stretch your arms in opposite directions and keep your core engaged. This stretch opens your upper body and builds lower leg and core strength.

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

