

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: Wall Sit

How to perform: Find a flat surface and position your back against the wall. Keep your knees at 90 degrees and engage the core. You can place your hands on your thighs or on your hips. This exercise strengthens the core and legs.

Duration: Perform throughout the day to improve core and lower leg strength.

