

# live well be well

## WOW: work out of the week ::

Welcome to your Workout of the Week! **This month we are highlighting Women's Health, Point West.** These stretches will help you feel energized and limber throughout the workday.

**Harmit K Rai, LVN, will demonstrate these exercises.** Harmit and her team try to practice self-care in the workplace by participating in stretching. They encourage each other to take care of their mind and body through a supportive and positive environment. The team is eager to help and pick each other up during busy workdays.

In addition, Harmit's fitness journey shows her dedication and commitment to self-care. Her passion for fitness is not just about strength, but rather a tool to help support her mental health. She lifts weights 3-4 times a week, performs cardiovascular exercise daily, and is mindful about what she eats. These combined effects build strength and increase mental resilience—she feels grounded and centered during stressful times.

**Great job, Women's Health! Keep supporting one another and encouraging fitness and wellness in the workplace.**

**Exercise:** Standing Hamstring Stretch

**How to perform:** Place your right foot in front of you with the heel firmly on the ground with your right knee locked. Bend your back knee, lean your body forward, and keep your spine straight to stretch your right hamstring.

**Duration:** Hold for 20 seconds and repeat on both sides.

