

**Welcome to your Workout of the Week!** This month we are highlighting Pathology, Eureka Hospital.

**Aaron A Perkins, Pathology Technician, will demonstrate these exercises.** There are times where the Pathology work requires looking down and bending into awkward positions. They feel that stretches for the forearms and neck are essential to prevent workplace strains and sprains, so that will be this month's focus.

Aaron has a long and extensive background with fitness and exercise. He has spent most of his life taking part in a diverse mix of sports including, but not limited to, snowboarding, swimming, soccer, wrestling, and golf. Throughout his life he has continued to enjoy the outdoors where he hikes and free dives several times a year. He continues to exercise regularly with free weights and attempts to do some sort of cardio a few times a week.

**Great job, Aaron and Pathology! Keep up self-care and great job for modeling health and wellness in the workplace!**

**Exercise:** Forearm Stretch

**How to perform:** Stand up tall and place your right hand in front with the palm facing up. Use your left hand to pull on your right fingers and relax your right shoulder. Keep your right arm parallel to the ground and breathe through the stretch.

**Duration:** Hold for 20 seconds and repeat on the other side.

