

STRETCH AND FLEX

Fitness Challenge



While workplace well-being programs are typically thought to address reducing healthcare costs and improve worker well-being, they can also be utilized to help reduce injuries in the workplace and improve worker safety. In the US Department of Labor's "Business Case for Safety and Health" the DOL says, "Employers that invest in workplace safety and health can expect to reduce fatalities, injuries, and illnesses. This will result in cost savings in a variety of areas."

Four common issues that wellness efforts can address include stress, fatigue, presenteeism, and ergonomics. These can all impact an employee's safety in many ways, including impacting individuals' performance and attention, which can result in accidents and injuries.

Fortunately, they can all also be prevented or improved through intentional movement, including strength training and stretching. Join in on our challenge, Stretch and Flex, to improve both your well-being and safety.



FITNESS CHALLENGE

Did you know poor flexibility and lack of strength can be a major cause of bodily paid and can also increase risk of injury in day-to-day life?

Join our Stretch and Flex challenge to improve your strength and flexibility by practicing your daily stretches and flexes!



Kapnick
Strive

DIRECTIONS

1. Pick movements from the stretch and flex lists; strive to perform each a minimum of 3 times per week.
2. Hold the stretch for up to 30 seconds and the flex for up to 12 repetitions.
3. Each week you will increase the number of stretches and flexes performed.
4. Check off the stretch and flex icons on the challenge tracker when you've completed all stretches and flexes for that week.

Review pages 3 and 4 to learn how to perform each stretch and flex.



WEEK 2

WEEK 3

WEEK 4

STRETCH AND FLEX

Stretches



Hold each stretch pose for up to 30 seconds. Strive to perform each a minimum of three times per week.

CAT COW

Place your hands and knees on the floor, with your knees under your hips, and wrists under your shoulders. Keep a neutral spine. Begin by rounding your spine up toward the ceiling, tucking your chin toward your chest. Next, slowly arch your back and let your belly fall while lifting your head and tail bone to the ceiling. Continue flowing between the cat and cow stretch for 10 breaths.



TRICEP STRETCH

Stand with your back straight and your feet shoulder-width apart. Bring your left elbow straight up while bending your arm. Grab your left elbow with your right hand, and pull your left elbow toward your head with light pressure. Repeat on the other side.



DELTOID STRETCH

Reach one arm across your body, using your other arm or wrist to hold it gently. Slowly begin to pull your arm toward your chest as far as possible. Repeat on the other side.



QUAD STRETCH

While standing, hold onto a chair or counter-top to assist with balance. Bend your knee back and grasp your ankle with your hand from the same side.



HAMSTRING STRETCH

Stand and cross your right foot in front of your left. Slowly lower your head to your right knee by bending at the waist. Try to keep both knees straight. Return to standing position and repeat on the other side.



SEAL STRETCH

starting on all fours with your arms shoulder width apart. Stretch your arms out so that your upper body creates a downward slope. Lift your upper body and lower your pelvis to the ground. Hold this position for 10 seconds and lower back down.



BUTTERFLY STRETCH

Sit up straight and tall with your knees bent. Drop your legs to the sides and bring the soles of your feet together. Grasp your feet and ankles and slowly lean forward, keeping your spine straight. Place your elbows on the tops of your thighs and gently press down until you feel a stretch.



CHILD'S POSE

Kneel on the floor with your knees hip-width apart. Rest your palms on top of your thighs. Lower your torso between your knees and extend your arms alongside your torso with your palms facing down.



CALF STRETCH

Stand near a wall with one foot in front of the other, front knee slightly bent. Keep your back knee straight, your heel on the ground, and lean toward the wall.



HEAD-TO-SHOULDER

Begin with a neutral neck and head. Slowly let your head fall to one shoulder and hold. Repeat by letting your head fall to your other shoulder.



STRETCH AND FLEX

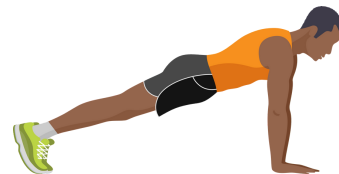
Flexes



Complete up to 12 repetitions for each flex exercise. Strive to perform each a minimum of three times per week.

PUSH UP

Begin a plank position with your arms straight, slightly wider than your shoulders, shoulders above your wrists. Your body should form a straight line from head to toe. Keep your core engaged and your hips lifted. Next, slowly bend your elbows and lower your chest towards the floor. Then, push through the heels of your hands to return to starting plank position. Complete three sets of 8-10 push-ups.



SQUATS

Stand with your feet shoulder-width apart or slightly wider. Start to sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you descend. Lower so your thighs are as parallel to the floor as possible. Keep your body tight and push through your heels to bring yourself back to the starting position.



CALF RAISES

Stand up straight, then push through the balls of your feet and raise your heel until you are standing on your toes. Then lower slowly back to the start.



LUNGES

Keep your upper body straight, with your shoulders back and relaxed and chin up. While keeping your core engaged, step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle and your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.



LEG LIFTS

Lay on your back with your legs straight. Begin by lifting with both legs together all the way up to the ceiling until your butt comes off the floor. Slowly lower your legs back down until they're just above the floor. Hold for a moment. Raise your legs back up to repeat.



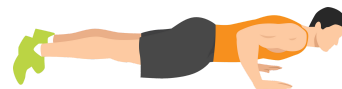
MOUNTAIN CLIMBERS

Start in a plank position with arms and legs long. Pull your right knee into your chest. Quickly switch and pull the left knee in, while sending your right leg long. Continue switching knees in a quick fashion.



PLANK

Plant your hands directly under your shoulders. Ground your toes into the floor and squeeze your glutes to stabilize your body. Keep a neutral neck and spine, your head should be in line with your back. Hold the position for 20 seconds.



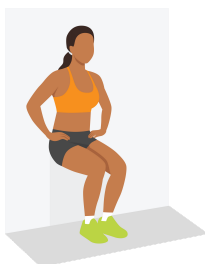
SUPERMANS

Lay down with your stomach flat on the ground or on a yoga mat. Lift your head and raise your arms, chest, and legs off the ground as far as you can. Hold this position for a few seconds, and then return to the starting position.



WALL SITS

Make sure your back is flat against the wall. Set your feet about shoulder-width apart and then about 2 feet out from the wall. Slide your back down the wall, bending your legs until they're in a 90 degree angle. Hold this position for 30 seconds or more.



SIT-UPS

Lie down on your back. Bend your legs and place feet firmly on the ground. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Slowly, lower yourself down, returning to your starting point.

