

Movement is important every day of life. From workplace ergonomics to stretches that alleviate aches and pains, supportive movement goes beyond planned workouts to benefit the physical body. Be intentional about including active breaks everyday to reap the benefits of a body in motion.

STRETCH & FLEX



INCLUDE MOVEMENT EACH DAY

Check in on your workstation and make any adjustments to improve ergonomics.

Try a foam roller, lacrosse ball, massage crane or stick to work areas of the body that are under stress.



Take microbreaks and extend your back, chest, shoulders and hip flexors.

Not sure where to start? Try the stretch routine on this sheet, holding each stretch for 15 seconds per side.

