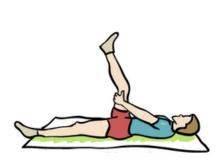
Movement is important every day of life. From workplace ergonomics to stretches that alleviate aches and pains, supportive movement goes beyond planned workouts to benefit the physical body. Be intentional about including active breaks everyday to reap the benefits of a body in motion.

STRETCH & FLEX





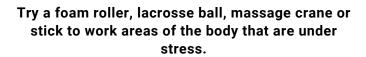






INCLUDE MOVEMENT EACH DAY





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.

















