



# FLEXIBILITY CHALLENGE



Those with greater mobility have reduced risk of muscle and joint pain, have fewer injuries, and improved body balance. Challenge- Spend 3-5 minutes per day on stretching for 6 weeks! See reverse side for examples of stretches. Earn 1 point for every 3-5 min stretching session and 3 points for taking a yoga or stretching class downtown or on our YouTube library. Circle points earned each day, then total each week and at the end of 6 weeks. Please return to mpolese@manateeyourchoice.com to be entered to win one of five yoga mats!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Points for the Week
Week 1	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	
Week 2	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	
Week 3	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	
Week 4	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	
Week 5	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	
Week 6	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	1pt. 3 pts.	

**Challenge Accepted!**

**POINT TOTAL:**

Participant Name: \_\_\_\_\_

Worksite/Department: \_\_\_\_\_

**Check out our class schedule [here](#) and our YouTube Library [here](#)!**

# DESK STRETCHES



10 - 20 sec  
( 2 times )



10 - 15 sec



8 - 10 sec  
( each side )



15 - 20 sec



3 - 5 sec  
( 3 times )



10 - 12 sec  
( each arm )



10 sec



10 sec



8 - 10 sec  
( each side )



8 - 10 sec  
( each side )



10 - 15 sec  
( 2 times )



Shake out hands  
( 8 - 10 seconds )