

# WOW Flexibility Challenge: Stretch 3-5 min at least 20X this month



Those with greater mobility have reduced risk of muscle and joint pain, have fewer injuries, and improved body balance. Aim for 3-5 minutes of stretching per day this month! See reverse side for examples of stretches

**MONTH:** \_\_\_\_\_

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Days Successful
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

**Challenge Accepted!**

**MONTHLY TOTAL:** \_\_\_\_\_

Participant Name

Worksite/Department

# 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 )

You can also refer to our Youtube Library of [stretch and yoga](#) classes