

Crow Wing Energized Workplace Wellness goal group suggests
start your meeting off with a

1 MINUTE EXERCISE



April

SHOULDER OVER STRETCH

- Raise one arm overhead, grasp it at the elbow with the other hand, and pull the elbow gently across behind the head, stretching the muscles and soft tissues on the side of the shoulder joint and surrounding area.
 - Hold for 10 seconds. Repeat 2 times.
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May

SHOULDER ACROSS STRETCH

- Hold one arm straight across the chest and gently pull the elbow in closer and farther across.
 - Hold for 10 seconds and repeat 2 times each shoulder.
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June

SHOULDER BACK STRETCH

- Stand with a stable shoulder-high object directly to your side.
- Extend the arm on that side to touch the object with your fingertips with your arm straight.
- Gently rotate your entire body forward and away from the object while keeping your fingertips in place on the object, stretching the front side of that shoulder.
- Hold for 10 seconds and repeat 2 times each shoulder.

Crow Wing
energized