

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

1 MINUTE EXERCISE

October

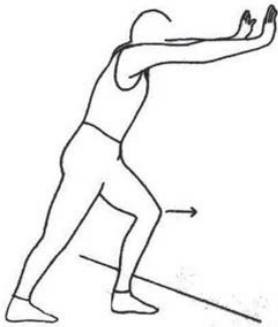
SIT TO STAND STRETCH



- 10 repetitions performed every day for a year = 3,650 squats
 - Leg strength directly relates to balance and walking ability
 - Engages quadriceps, hamstrings, gluteal, and abdominal muscles
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November

CALF STRETCH



- Stand at arm's length in front of a tall stable surface such as a wall.
 - Place both hands on the surface at chest level, and move one foot back about as far as your shoulders are wide.
 - Push the rear heel all the way onto the floor and lean forward toward your hands to stretch the calf muscles and tendons on that leg.
 - Hold for 10 seconds and repeat 2 times each calf.
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December

FULL BODY STRETCH

Stretches your overall upper body



- Stand with back straight and feet shoulder-width apart.
- Interlace fingers with palms pointing toward the sky, straightening the elbows and reaching as far upward as possible with both hands.
- Hold for 10 seconds and repeat 3 times.

Crow Wing
energized