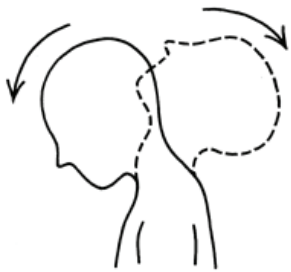


Crow Wing Energized Workplace Wellness goal group suggests
start your meeting off with a

1 MINUTE EXERCISE



January

NECK FORWARD & BACK STRETCH

- Tilt your head forward and lower your chin towards your chest.
 - Hold for 10 seconds. Repeat 3 times each way.
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February

NECK LEFT & RIGHT STRETCH

- Tilt head sideways toward shoulder without twisting neck. Move the ear directly toward the shoulder.
 - Hold for 10 seconds and repeat 3 times each side.
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Back Up Front Down

March

SHOULDER ROLLS

Stretches your upper back, neck, and shoulders

- Stand with back straight and feet shoulder-width apart.
- Elevate shoulders upward toward ears; rotate them backward, down and then forward in a continuous, circular motion 10 times. Reverse the direction, rotating your shoulders backwards 10 times.
- Repeat 2 times each way.

Crow Wing
energized