

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

1 MINUTE EXERCISE



July LOWER BACK STRETCH

Stretches your chest and lower back

- Stand with feet shoulder width apart
- Place your hands just above your hips on your back, keeping your elbows pointed back
- Gently push your hips forward
- Hold for 10 seconds and repeat 3 times



August FOREARM & WRIST STRETCHES

- Extend one arm forward without bending the elbow.
- Bend the wrist upward, and use the other hand to gently pull fingers back toward you, stretching the muscles and soft tissues on the bottom of the forearm and wrist.
- Hold for 10 seconds. Then release and bend the same wrist downward, gently pulling it down and toward you with the other hand.
- Repeat 2 times each forearm/wrist.



September QUAD STRETCH

- Place one hand on a stable surface for support.
- Bend one knee to lift a foot up behind you.
- Bend forward and grasp that ankle with the opposite-side hand and slowly stand back upright, gently pulling the leg upward behind you to stretch front of thigh and upper thigh area.
- Hold for 10 seconds and repeat 3 times each leg.

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