Well 🍏 Work

August 2023 - Stretch Challenge

Regular stretching helps improve our body's flexibility, which can reduce stiffness, prevent injuries, and maintain range of movement in joints. Remember:

- A safe stretch is gentle and relaxing.
- Hold the stretch steady for 1530 seconds. Do not bounce.
- Relax. Then repeat 3-5 times.
- Stretch within your limits. Do not push yourself.
- Breathe slowly and naturally. Do not hold your breath.
- If a stretch causes pain—STOP Check off each day that you stretch for 10 minutes or more.

Name: _____

Department: _____

Carl Dawson's Chair Yoga
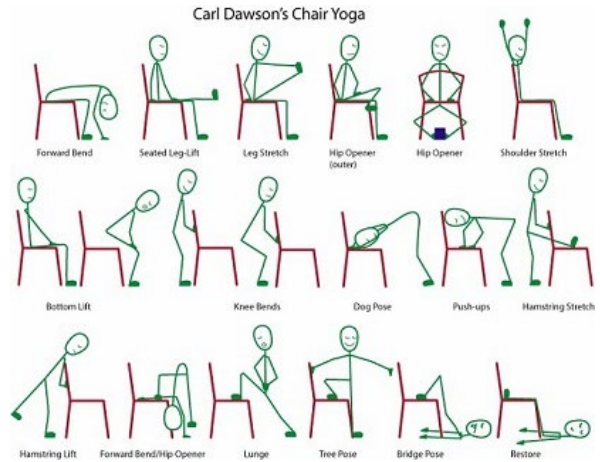
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Choose stretches that fit safely within your body's limits		**1** I stretched today!	**2** I stretched today!	**3** I stretched today!	**4** I stretched today!	**5** I stretched today!
6 I stretched today!	**7** I stretched today!	**8** I stretched today!	**9** I stretched today!	**10** I stretched today!	**11** I stretched today!	**12** I stretched today!
13 I stretched today!	**14** I stretched today!	**15** I stretched today!	**16** I stretched today!	**17** I stretched today!	**18** I stretched today!	**19** I stretched today!
20 I stretched today!	**21** I stretched today!	**22** I stretched today!	**23** I stretched today!	**24** I stretched today!	**25** I stretched today!	**26** I stretched today!
27 I stretched today!	**28** I stretched today!	**29** I stretched today!	**30** I stretched today!	**31** I stretched today!	**For stretching suggestions, see the following pages with this challenge**	

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by September 11th.