

Name: \_\_\_\_\_

Department: \_\_\_\_\_

# STRETCH

## August 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 15-30 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.

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by September 10th.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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. Choose stretches that fit safely within your body's limits.		