

August 2024 - Stretch Challenge

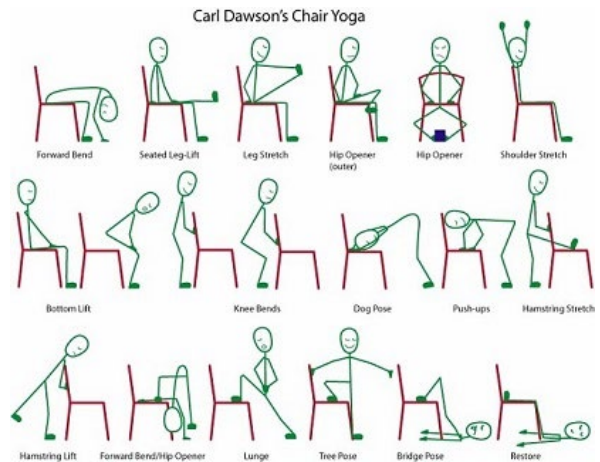
Regular stretching helps improve our body's flexibility, which can reduce stiffness, prevent injuries, and maintain range of movement in joints.

Remember:

- A safe stretch is gentle and relaxing.
- Hold the stretch steady for 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.

Name: _____

Department: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Choose stretches that fit safely within your body's limits		For stretching suggestions, see the following pages with this challenge		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!

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by September 6th.

<https://esmmweighless.com/wp-content/uploads/2018/10/Carl-Dawsons-Chair-Yoga.jpg>