

STRETCH

For two weeks in October you are being challenged to take regular stretch breaks while on the job. Stretching is a great way to reduce stress and to ease the pain of doing repetitive tasks!

- Take a stretch break at work, minimum 5 minutes duration.
 - Stretching is job function-appropriate; use the stretching guidelines if made available for your specific work.
 - Try this link for stretches you can do at work:
<http://www.mayoclinic.com/health/stretching/WL00030&slide=1>
 - Record each date and time you took a stretch break at work.
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Stretch breaks may be good for your productivity as well as your body. Don't forget the benefit of stepping back from a thorny problem for five or ten minutes. Sometimes taking a break is just what you need to get the creative juices flowing again in a fresh direction.



STRETCH Tracker

1	2	3	4	5
Date:	Date:	Date:	Date:	Date:
Time:	Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:	Time:
6	7	8	9	10
Date:	Date:	Date:	Date:	Date:
Time:	Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:	Time:

Name: _____

Wellness Ambassador's Name: _____

Email this form to nmpsia.wellness@phs.org by November 10, 2018 to be intered into the drawing.



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