



## The Importance of Stretching

Whether you're working out or working at a desk, stretching is a great way to decrease stiffness and avoid injury. Keep these tips in mind:

### Stretching While Exercising

- Make certain to stretch for 5-10 minutes both before and after you exercise
- Do gentle pre-workout stretches to warm up muscles and increase flexibility
- Static stretches (held for 30-60 seconds) are most helpful after a workout
- Consider doing 30-60 minutes of yoga one or two times a week to maintain strength and increase flexibility
- Talk to your doctor before beginning any new exercise routine

### Stretching at Work

- When working at a desk, pause once every hour for a few minutes of stretching
- Stretches that ease tension your shoulders, neck, and back will help to decrease stiffness and maintain range of motion
- If your work involves lifting or other physical activity, it is important to stretch both before and after your shift and during your breaks (just as when exercising)



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- Take the **MyWellbeing Profile** to evaluate your physical wellbeing and schedule an appointment with a coach
- Access the **Discount Center\*\*** to find discounts on yoga programs, exercise equipment, and wellness needs

### Quick Tips:

- **If you have a health condition, ask your doctor if there are specific stretches that would be beneficial.**
- **Drink lots of water to stay hydrated and decrease muscle tension.**
- **Reach out to LifeMatters for suggestions on how maintain a healthy lifestyle and increase wellbeing.**

**1-800-634-6433**

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