

Instructions

De-Stress & Stretch Challenge

DATE: _____

Did you know that stretching can be beneficial? Stretching helps...

- Reduce muscle tension
- Increase range of movement in joints
- Enhance muscular coordination
- Increase circulation of the blood to various parts of the body
- Increase energy levels (resulting from increased circulation)
- Improve sleep
- Enhance relaxation
- Prevent injury

This challenge will encourage you to stretch!

- For the next two weeks, please complete the stretches on your individual log sheets.
- Each time you complete an exercise, award yourself with 2 points.
- NECK ROLLS and SHOULDER ROLLS – 5 rolls each way = 2 points
- ALL OTHER EXERCISES – hold for 5 seconds each side = 2 points
- Each day, please tell/email your team captain your total points for completing the exercises.
- Don't forget the weekends!
- Final results will be tallied on _____

