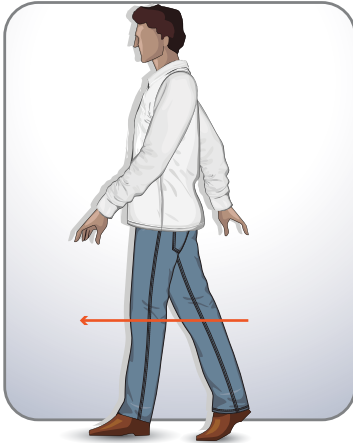


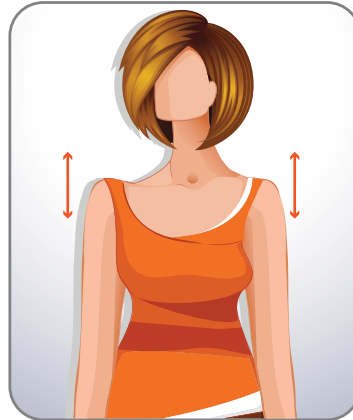
ATTN: Employees: It's time to 'GET UP & MOVE'

Movement throughout your work day will help you stay fit and will help keep your energy up. It does the body good!

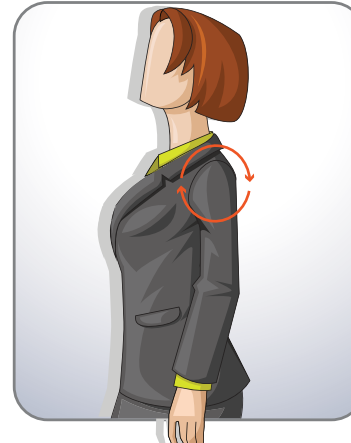
Begin with a few warm ups



1. Walk in place (or around the work-place)—Walking is a great form of exercise and is a great way to warm up.



2. Shoulder shrugs—Shrug shoulders up. Hold and relax.



3. Shoulder rolls—Roll shoulders up and back. Switch direction.



4. Small arm circles—Move arms in small circles. Switch direction.



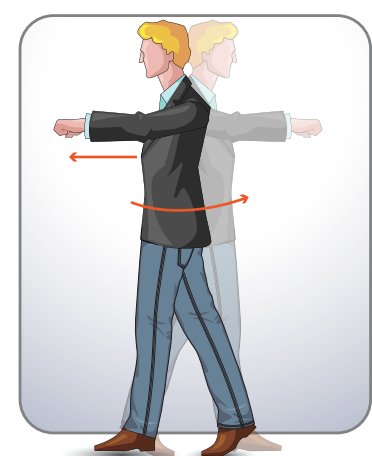
5. Large arm circles—Roll arms in large circles. Switch direction.



6. Raise the roof—March in place. Push palms toward the ceiling with thumbs almost touching your shoulders



7. Hamstring curl—Swing arms while bringing one foot up toward your rear end. Your hands are down when your foot is up.

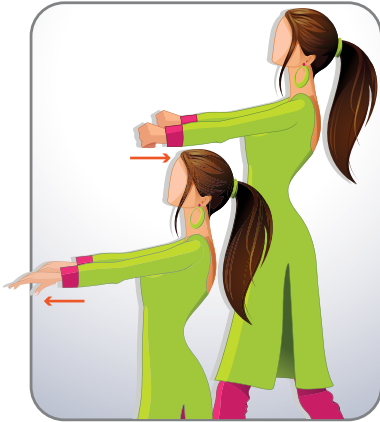


8. Punching—Rock from foot to foot while punching with alternating arms. Do not fully straighten your arm.

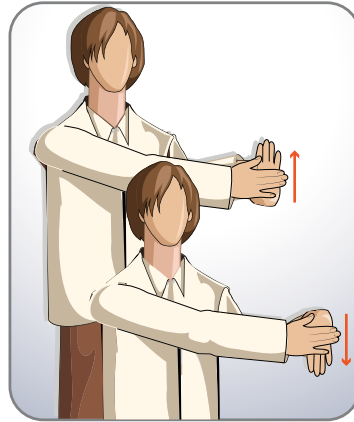
Now, let's stretch!

- Do each stretch slowly and smoothly. No bouncing.
- Stretch to the point of comfortable tension. Then relax and hold the stretch.

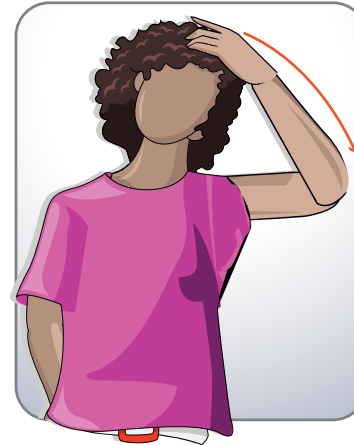
- If a stretch causes pain, stop stretching and make sure your technique is correct.
- Remember to let your supervisor know if you have any issues while stretching.



1. Hand stretch—Make fists. Hold it. Open hands wide. Repeat motion to the front, sides and above head.



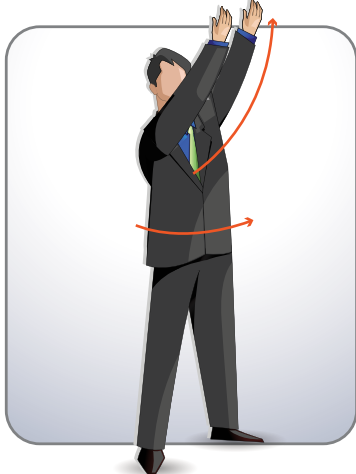
2. Wrist stretch—Bend your wrist upward and then downward. Hold it.



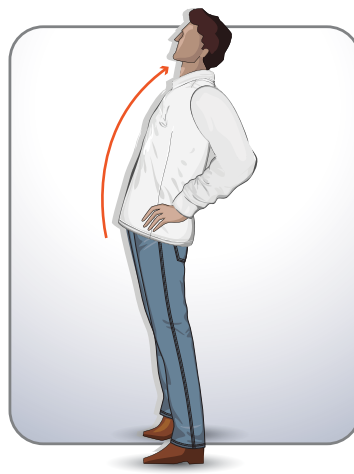
3. Neck stretch—Grasp top of head and bend your neck gently. Hold it. Switch sides.



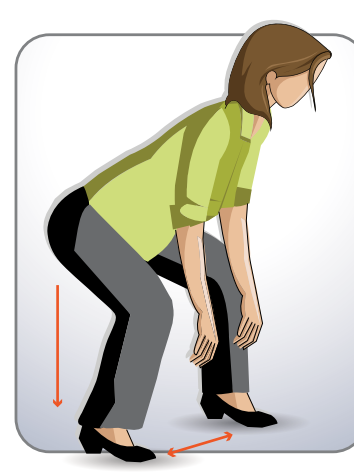
4. High reach—Reach arms up high. Hold it.



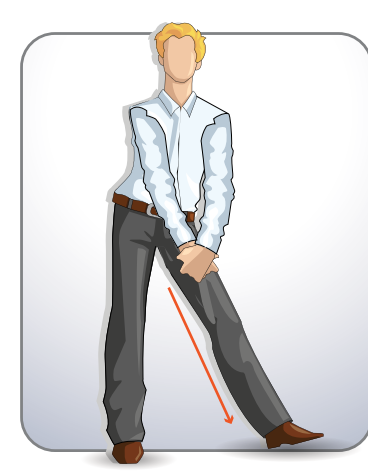
5. Rotation stretch—Reach up high and rotate at the hips in both directions.



6. Backward bend—Hands on hips. Bend your back, shoulders and head backward.



7. Squat—Use a wide stance. Maintain balance, bend to squatting position. Hold it.



8. Hamstring stretch—Support upper body with hands on upper leg. Stretch hamstring. Hold it.