



Stretch & Flex Program





Stretch & Flex - Benefits

- **Stretching improves circulation!**
 - Stretching increases the blood flow throughout your body delivering nourishment to the muscles and eliminating waste byproducts in the muscle tissue.
- **Stretching increases flexibility!**
 - Increased flexibility will help you comfortably perform life's daily activities and reduce the risk of muscle, joint, and tendon injuries.
- **Stretching raises safety awareness!**
 - Stretching in a group setting allows for partners to participate in an activity where the sole purpose is to promote partner safety and well-being.



Stretch & Flex – Program Implementation Recommendations

- Implement a pre-shift and post-break stretching session at a minimum. Start off program with managers and supervisors leading the session to display proper stretching techniques.
- Conduct several stretching sessions in the morning for Employees who have varying start times.
- Stretch to upbeat music – ask partners to bring in what they want to listen to.
- Properly train and ask for partner volunteers to lead stretching sessions.
- Stretching sessions should be consistent and timely. Don't allow stretching sessions to be skipped.



Ideas to Successfully Implement in Departments that are in and out

- Hold several sessions in the morning due to staggered starting times with Employees that leave the building everyday before or after time for stretch and flex.
- Utilize Supervisors and Managers to hold Stretch and Flex sessions (ex: every half hour)
- If Production department is already holding a Stretch and Flex session, welcome the employees that are in and out to join the already existing sessions.



Stretch & Flex - Always

- Remember to **ALWAYS...**
 - Keep proper posture while stretching.
 - Keep hydrated.
 - Keep loose while stretching.
 - Hold the stretch until you feel the muscle loosen up, then repeat for a further 15 seconds.



Stretch & Flex - Never

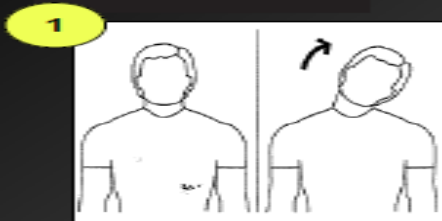
- Remember to **NEVER**...
 - Start your day without stretching.
 - Speed through stretches.
 - Continue stretching if you feel any severe pain.
 - Hold your breath. Breathe rhythmically.
 - Bounce while you stretch.



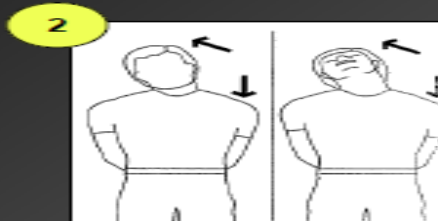
Office Stretches



Office Stretches



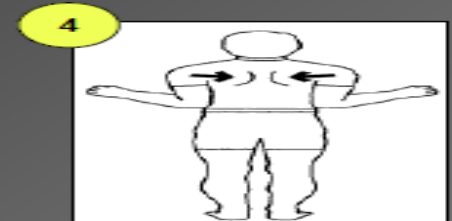
1
Neck-Side Stretch



2
Head & Neck Rolls



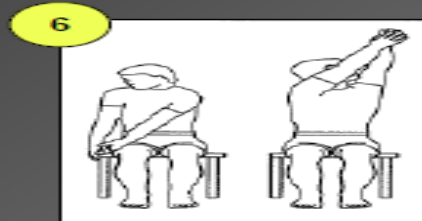
3
Shoulder Rolls



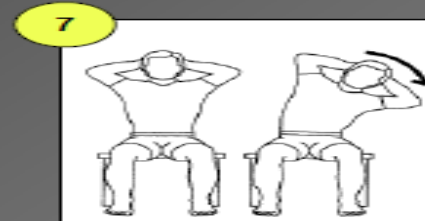
4
Shoulder Retraction



5
Shoulder Stretch



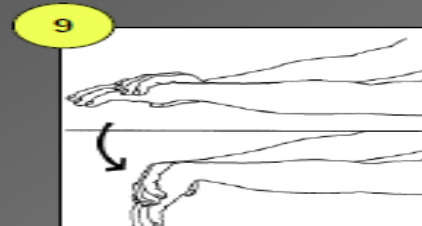
6
Torso-Side Stretch



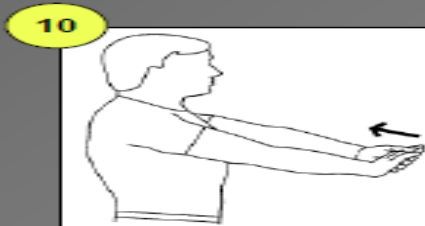
7
Side Bend



8
Sitting Cat



9
Wrist Extensors



10
Wrist Flexors

Safety is No Accident!





Production / Warehouse Stretches



Production/ Warehouse Stretches

1



Shoulder Rolls

2



Head & Neck Rolls

3



Wrist Extensors

4



Arm Circles

5



Wrist Flexors

6



Finger/Hand Intrinsic

7



Backwards Shoulder Stretch

8



Frontward Shoulder Arm Stretch

9



Overhead Shoulder Stretch

10



Shoulder Retraction

11



Cervical Stretch

12



Lumbar Stretch

Safety is No Accident!





Service Stretches



Service Stretches



1
Heel Cord
Stretch (straight)



2
Heel Cord
Stretch (bent)



3
Standing
Hamstring Stretch



4
Forward
Shoulder Round



5
Overhead
Shoulder Round



6
Back Towel
Stretch



7
Shoulder Towel
Stretch



8
Wrist Extensions



9
Posterior
Shoulder Stretch

Safety is No Accident!

CINTAS