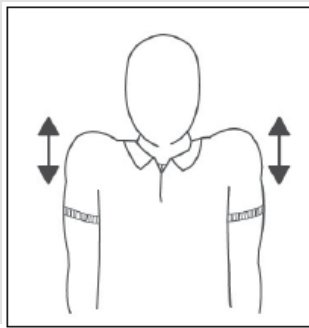
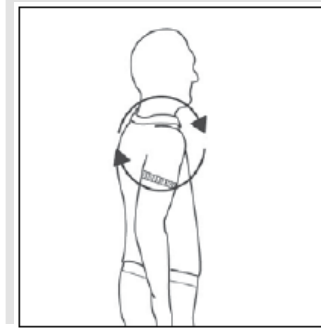


Warm-Up for Work

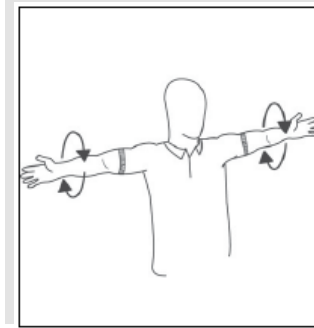
Starting the day with a simple five minute stretching routine can prepare your muscles for movement and help prevent injury. Stretch until you feel a comfortable tension, hold, then release.



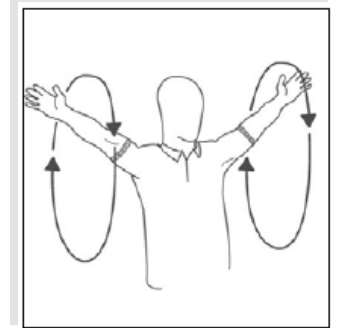
Shoulder Shrugs
Shrug shoulders up.
Hold and relax.



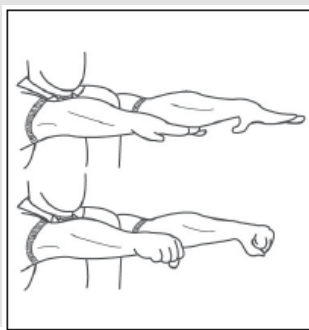
Shoulder Rolls
Roll shoulders up and
back. Switch direction.



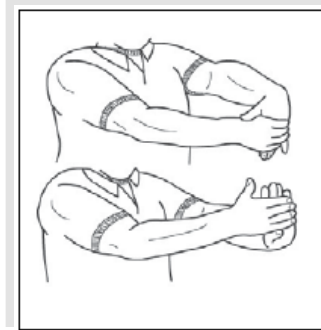
Small Arm Circles
Move arms in small
circles. Switch direction.



Large Arm Circles
Move arms in large
circles. Switch direction.



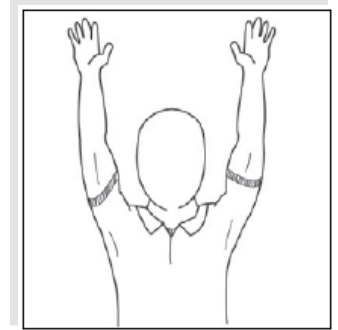
Hand Stretch
Make fists, hold, release.
Repeat to the front, sides
and above head.



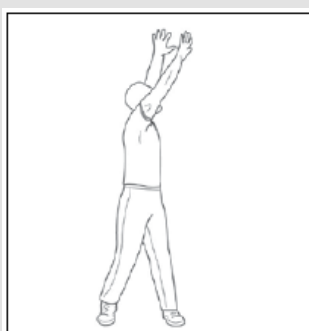
Wrist Stretch
Bend your wrist upward
and then downward.
Hold and release.



Neck Stretch
Grasp top of head and
bend neck gently. Hold,
release. Switch sides.



High Reach
Reach arms up high.
Hold and release.



Rotation Stretch
Reach up high and rotate
at the hips. Repeat in
both directions.



Backward Bend
With hands on hips, bend
your back, shoulders and
head backward.



Squat
Squat in a wide stance
with back straight.
Hold and release.



Hamstring Stretch
Place hands on knees.
Stretch hamstring.
Hold and release.