

STRETCH TOOLKIT



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Cancer
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Stretching is a great way to activate different muscle groups.
Choose one or more of the stretch moves below and do each move for
at least 60 seconds in your 6 - 12 minute break.

The only rule is, once the week is done, you would've covered all the moves below.

Warrior



Forward Fold



Triangle



Crescent
Lunge



Downward
Facing Dog



Runners
Lunge



Tree



Upward
Facing Dog



Side Bend



Mountain



All images and moves have been provided by

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