STRETCH OF THE MONTH



JANUARY: CHIN TUCK

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Gently tuck your chin towards your chest to stretch the back of the neck.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



FEBRUARY: SIDE NECK STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Bring ear to shoulder to stretch side of the neck.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



MARCH: UPPER BACK STRETCH (SEATED CAT-COW)

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Sit tall, round your back forward, then arch slightly backward.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at
www.purolatorhealth.com

Purolator Wellbeing Champion

STRETCH OF THE MONTH



APRIL: UPPER TRAP STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Place one hand behind your back and tilt your head to the opposite side.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at
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Purolator Wellbeing Champion

STRETCH OF THE MONTH



MAY: WRIST EXTENSOR STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Extend one arm forward, point fingers downward, and pull them towards you.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



JUNE: STANDING CALF STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Press one foot against a wall or lean into a wall with one foot behind to stretch the calves.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



JULY: SEATED HAMSTRING STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Extend one leg forward, reach toward your toes while keeping your back straight.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



AUGUST: HIP FLEXOR & QUAD STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Step forward into a lunge position, pushing hips slightly forward.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at
www.purolatorhealth.com

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STRETCH OF THE MONTH



SEPTEMBER: CHEST OPENER STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Clasp hands behind your back, lift slightly, and open up the chest.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



OCTOBER: FOOT & ARCH STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Roll a small ball or bottle under your foot to release tension in the arches.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at **www.purolatorhealth.com**

Purolator Wellbeing Champion

STRETCH OF THE MONTH



NOVEMBER: STANDING QUADRICEPS STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Grab one ankle behind you, gently pull towards your glutes while keeping your knees together.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at
www.purolatorhealth.com

Purolator Wellbeing Champion

STRETCH OF THE MONTH



DECEMBER: FOREARM & WRIST STRETCH

Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.

Extend the arm straight, pull fingers up and then down to stretch wrists.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Find more resources and supports at
www.purolatorhealth.com

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