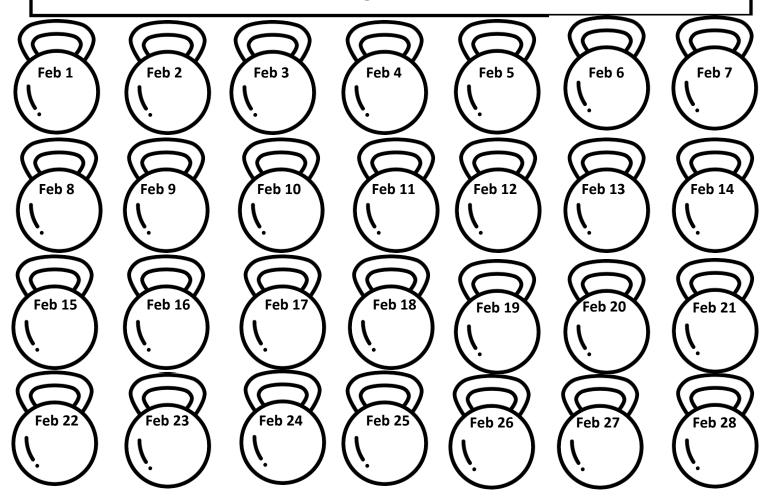
Workout Warrior

Feb 1st- Feb 28th / Worth 1 wellness point

Flex Time

Stretch for 100 minutes in one month. A quick stretch break can help decrease stress and tension, increase flexibility, reduce your risk of injury, and provide a welcome mental break during the day. Track the number of minutes you spend stretching each day. To complete the challenge, track 100 minutes or more during the month.



END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

I've	completed	the	chal	lenge
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(Print Name)