



PEHP WELLNESS
**Monthly
Challenge**



Easy Office Stretches

October 3-28

Bring more movement into your cubicle or office space. Try some simple moves to increase your heart rate, flexibility, balance, and strength. You'll be more alert, focus better, and stress less throughout the workday.

Participate and be entered into a drawing for a \$50 Amazon gift card!

Schedule

Join us for a 4-week email based wellness challenge*!

Each week we will present stretches which will focus on your neck/shoulders, back, arms/hands, and lower body.

Week 1: Your Body at Work

Week 3: The Ideal Work Pattern

Week 2: Are You Sitting Too Much?

Week 4: Stretch Anytime, Anywhere!

**Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.*

PEHP Wellness | 801-366-7300 | wellnesschallenges@pehp.org

**REGISTER
TODAY**

or at pehp.org
Sign up early to
receive all the
weekly emails