

STRETCH

AND

FLEX



*Flexibility is  
the key to  
stability.*

## STRETCH AND FLEX PROGRAM

The Stretch and Flex program is a comprehensive program for all staff that can be implemented into the everyday workplace. The program is designed to be executed everyday by all staff and led by a staff facilitator. The facilitators complete the Facilitator Training Program and all participants complete the Participant Training Program before implementing the program into the daily workplace. The intention of the program is to create health, wellness and team building for all staff.

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## PROGRAM OVERVIEW

- Health and Wellness survey
- Facilitator Training Program: includes training manual
- Participant Training Program: included program presentation and resource manual
- Stretch and Flex shadowing program
- Follow-up, program evaluation and updates on a regular basis
- Progression plan implemented based on results