

STRETCH & FLEX

ANYTIME, ANYWHERE

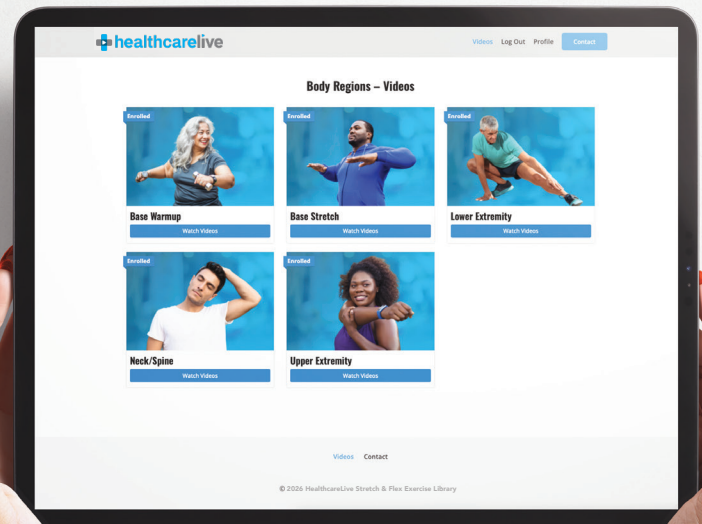
Revolutionizing Preventative Care

What is Stretch & Flex?

Stretch & Flex is a program of stretches that strengthen the specific muscles that are commonly associated with strains, sprains and ergonomic injuries making it **INSTANT** added value to you and your team.

With a huge library of expert created stretches and exercises at your finger tips; this program will keep you and your team healthy and performing at their best. Videos are easy to follow making a pre-shift warm up or even a post shift cool down fun and simple. Do it on your own or gather a group to do it as a team boosting your teams stamina and culture.

START YOUR DYNAMIC WARM UP TODAY.
LET'S GET READY TO WORK!



Quality
Content



Library of
Exercises



Easy & Simple
To Use



Better
Outcomes



Save \$\$\$

To learn more about HealthcareLive's Stretch & Flex Program visit:

STRETCH & FLEX VS NO STRETCH & FLEX

- Workers who participated in a daily stretching program had a 50% reduction in musculoskeletal injury rates
- Decreases the risk of injuries
- Improves your range of motion & posture
- Reduces soreness
- Improves energy levels
- Increases Stamina
- Promotes healthy blood circulation
- Reduces Fatigue
- Reduces Pain Levels
- Improves overall Strength
- Better Body Awareness
- Decrease number of OSHA Record-able injuries
- Improve employee morale & health
- Reduces Stress

- Increased Stress
- Increased Strain on tight muscles
- Reduced muscle strength due to poor range of motion
- Affected balance and coordination
- Slow reaction times
- Reduced ability to rehab injuries without physical therapy
- Increased risk of MSK injuries
- Increased risk of lost time

If you have any existing injuries or medical conditions that may be aggravated by physical activity, HealthcareLive recommends you consult with your physician before participating in this pre-shift stretching program. By joining this warm-up you acknowledge responsibility and are participating at your own risk.

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