



PEHP WELLNESS  
**Workout  
Warrior**



# Simple Stretching

April 5-30

Feel tight from sitting all day? Taking the time to stretch most days improves flexibility, decreases risk of injury, and can improve overall mood. We'll show you some simple stretches that can make a huge difference!

## Join our self-paced, email-based physical activity challenge



Register [here](#)  
or at [pehp.org](http://pehp.org)



Track your activity



Report your step total at the end of the month



Enter to win a \$10 Amazon gift card

*URS employees not eligible*