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| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | |  | | Mobility Breaks Employees benefit from moving and stretchingthroughout the work day Research shows that sitting all day can be as dangerous as  smoking. Whether your employees are sitting all day, on their feet  or doing repetitive motion, moving and stretching are beneficial  for everyone.  While it might seem like lost productivity to have a break from the  workstation, research is showing that the increased blood flow from  moving boosts alertness and creativity and stretching can reduce  strain and injury.  **GOAL: Provide Movement and Mobility breaks for employees**  **to provide a visible and interactive piece to the wellness**  **initiative. To increase productivity, positive culture and reduce**  **chronic conditions and injury.** | |  | |  | |  |  |

## **Benefits of Moving**

## Alertness

## Employee Engagement

## Team Building

## Better Circulation

## Increased flexibility

## Decreased Risk for Injury

## Lowered Risk for Cardiovascular and Metabolic Conditions

## **Let Spire Help**

* On-site Trainer for Workstation Mobility Breaks
* Custom Stretch Design for specific departments
* Virtual Live Stretch Breaks
* Custom Video Stretches for
  + Pre-shift or breaks
* Train the Trainer sessions for line leaders, safety team, wellness committee
* Educational material or seminar on the dangers of sitting and importance of stretching and spine unloading

Starts at $50/ hr

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