



# JUST MOVE IT TRACKER



Submit completed tracker to [hcwellness@tompkins-co.org](mailto:hcwellness@tompkins-co.org) by **October 4th**

Maintain good posture and stretching throughout the work day can reduce muscle tension, stiffness, and injury while increasing flexibility, fitness, and energy.

The Just Move It Challenge helps you incorporate stretches and mini-exercises while at work.

Each person who registers will be sent weekly exercises and tracking log to document your progress. At the end of the challenge submit your tracking log to [hcwellness@tompkins-co.org](mailto:hcwellness@tompkins-co.org) by **October 4th** to be entered to win a flexibility kit! (valued at \$150)

**Register by Emailing:**  
[hcwellness@tompkins-co.org](mailto:hcwellness@tompkins-co.org)

