LEr BLOMEYER HELP KEEP YOUR EMPLOYEES ENGAGED!

**Active Works Stretch Breaks:** A staff member of the Blomeyer Health Fitness team will visit your work location for a quick 5-10 minute stretch break. Employees can participate at their desk with little disruption to your environment. Work-related disorders aren’t just limited to heavy manufacturing or construction. They can occur in all types of industries and work environments, including office spaces.

Research shows that repetitive motion, poor posture, and staying in the same position can cause or worsen musculoskeletal disorders. The habits we build at our desk, especially while sitting, can contribute to discomfort and health issues so let our team help prevent these issues, create awareness and have a little fun. Regular breaks to stand and stretch increase productivity and flexibility breaks allow your eyes to rest and your entire body to feel more comfortable.

We can take your group through a quick stretch, inform them of the Blomeyer facility and be in and out in a flash.

**Interested?**

Simply complete the [Outreach Request Form](#) or contact the Blomeyer Health Fitness Center to learn more!