

# Want to feel better at the end of the day?

If you are a CARETAKER, do these stretches regularly.

**BECAUSE  
YOU DO THIS**



**DO THIS**



ENGLISH



SPANISH

# STRETCHING HAS MANY BENEFITS. THINK ABOUT THE WAY YOU WORK TO FEEL EVEN BETTER.



## BENEFITS OF STRETCHING

1. Counteracts awkward postures.
2. Reduces muscle fatigue and discomfort.
3. Increases flexibility and range of motion.
4. Reduces stress.
5. Feel better at the end of your work day.

## DID YOU KNOW?

1. Stretching doesn't have to take a lot of time.  
It only takes a minute to get the benefit.
2. It is best to stretch several times during the day.
3. Stretching is more effective when combined with less stressful working postures.

## THINK ABOUT THE WAY YOU WORK

1. Keep the load close.
2. Put one foot forward when reaching.
3. Vary your working posture during the day.
4. Use a cart instead of carrying items.
5. Use the right tools for the job.
6. Plan out your task.
7. Ask for help if needed.

