



Stretch It Out!™

The corporate wellness program that improves productivity

The Stretches

Stretch It Out!™ features a combination of dynamic movement patterns and static stretches that promote blood flow to muscles throughout the whole body. Stretches are easy to learn and can be modified so that all co-workers may participate safely and comfortably. Employees in a wide variety of work environments will realize the benefits of SIO! after just a few weeks.

The Stretch Coach

Employers already using the SIO! program tell us they love the structure that the program brings to their company, including the use of the “Stretch Coach” and “SIO! Champion” roles. The Stretch Coach is a member of your staff who is enthusiastic about learning the proper SIO! techniques and cadence and, in turn, is willing to train their respective Stretch Team. They coach their co-workers and communicate progress or concerns to their supervisor (or SIO! Champion).

The Resources

The **SIO! Employer User Manual** explains the physiology of stretching and its important role in safety, a step-by-step guide for the launch process and training your Stretch Coaches, and options for monitoring your long-term success. **Stretch Coach Handbooks** provide illustrations and instructions for each stretch, which when accompanied with the **SIO! Training DVD**, makes training a breeze for Stretch Coaches everywhere. Modified stretches are also identified to facilitate 100% participation.

Stiff shoulders.

Sore wrists.

A tight, aching back.

Signs of a new health threat?

Actually, they're simply the symptoms of an age-old tradition known as...work. The repetitive motions and long hours of any occupation can play havoc with an employee's well being, resulting in lost productivity.

Introducing the corporate wellness program that improves productivity!



Stretch It Out!™ is a safe, effective workplace stretching program designed to be easily implemented by employers everywhere. So much more than a series of stretches, **SIO!** is an innovative toolkit of DVDs and guidebooks designed to enhance your corporate wellness program.

Stretch It Out!™ is a licensed, trademarked system available exclusively at www.egesolutions.com.

Order today!



Stretch It Out!™ Products

The corporate wellness program that improves productivity

Stretch It Out!™ offers several packages and individual products from which to choose, depending upon your company's needs. Questions? Contact us at egesolutions.com.



SIO! Base Package - \$495.00

Just getting started? This is the essential start-up toolkit for your workplace, including:

- SIO! Single-Site Employer License
- 60-page SIO! Employer User Manual
- 21 different stretches and movement patterns for neck, back, shoulders, arms, hands, legs
- 10 Stretch Coach Handbooks (for up to 10 Stretch Teams)



SIO! Volume 2 Upgrade Package - \$295.00

If you're a current SIO! Employer licensed user whose Stretch Teams are familiar with the movements and techniques outlined in the Base Package, mix it up with Volume 2. It includes:

- 19 new stretches plus the original 21 stretches introduced in the Base Package
- Six different stretching routines for neck, back, arms, hands, legs
- 10 Volume 2 Stretch Coach Handbooks that describe all 40 stretches
- SIO! Volume 2 DVD demonstrating all 40 stretches



SIO! Premium Package – \$695.00

Ready to commit to a program that can change your employees' lives? The Premium Package includes:

- SIO! Single-Site Employer License
- 60-page SIO! Employer User Manual
- 15-minute Stretch Coach Training DVD
- SIO! Volume 2 DVD demonstrating all **40 stretches in nine different playlists**
- 10 Volume 2 Stretch Coach Handbooks

Stretch Coach Training DVD \$149 each



This must-have training resource for Stretch Coaches covers:

- Video demonstration and narration of all stretches
- Modified positions included
- Tips for proper technique
- 15 minutes in length

Stretch Coach Handbooks \$149 per package of 10



This must-have training resource for Stretch Coaches covers:

- Responsibilities of the Stretch Coach
- Pictures of all stretches
- Tips for proper technique
- Modified positions for 100% participation
- Perfect if you have more than 10 Stretch Teams

Order now at egesolutions.com