



Stretch It Out!®



The corporate wellness program that improves productivity

The Stretches

Stretch It Out!® (SIO!) features a library of 40 different stretches that promote blood flow to muscles throughout the entire body. The routines are easy to learn and can be modified so that all coworkers 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 coworkers 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 Videos*, makes training a breeze for Stretch Coaches everywhere. Modified stretches are also identified to facilitate 100% participation.

STIFF SHOULDERS. SORE WRISTS. 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 creates engagement, promotes safety, and 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 includes video resources and guidebooks designed to enhance your corporate wellness program.

Stretch It Out!® is a licensed, trademarked system available exclusively with Ege WorkSmart Solutions. **Order today!**



SIO! Resources



GET THE FULL SIO! PACKAGE

Ready to commit to a program that can *recharge your employees and fuel engagement*? The SIO! Premium Package includes:

- SIO! Single-Site Employer License
- 64-page SIO! Employer User Manual
- 10 Stretch Coach Handbooks
- USB Thumb Drive that includes:
 - 15-minute Stretch Coach Training Video
 - Video Demonstration of all 40 stretches
 - Playlists specific to upper, lower, and total body
 - Five “live” (plug & play) Stretching Routines



SIO! Employer User Manual

This 64-page manual provides the SIO! Champion a step-by-step process for developing, implementing, and sustaining an effective workplace stretching initiative. Topics include:

- MSDs and the Physiology of Stretching
- Stretching and Safety
- Organizational Structure and Responsibilities
- Training and Launch Process
- Measuring and Monitoring Results

Stretch Coach Handbook

This must-have training resource for your Stretch Coaches includes:

- Stretch Coach Responsibilities
- Pictures and explanation of all 40 stretches and movements
- Tips for proper technique
- Modified positions for 100% participation
- Examples of 9 different stretch routines

Need Extras?

The *SIO! Premium Package* includes 10 Stretch Coach Handbooks. Every Stretch Coach should have their own Stretch Coach Handbook. Additional Stretch Coach Handbooks can be ordered upon request. The Stretch Coach Handbooks are available in English, Spanish, and French translations!

**TURNKEY.
CUSTOMIZABLE.
COMPREHENSIVE.**



Ege WorkSmart Solutions

www.egeworksmartsolutions.com