



# Stretching and warm-up

## Video coaching bundle

This is the perfect bundle for organizations looking to implement a truly innovative and effective stretching and warm-up program or improve one they already have. It provides simple and practical ways to drive engagement and ensure that the program is received well, achieves the desired results and is sustainable.

Videos for leadership provide an understanding of the benefits of implementing a stretching and warm-up program and strategies to increase and sustain engagement. The videos for employees provide the rationale for stretching and warming up and reinforce the importance of brief stretches throughout the day.

### Includes:

#### Full-length video for leadership:

- Blink! An Innovative Approach to Stretching and Warm-up Programs (English and Spanish)

#### Full-length videos for employees:

- Blink! An Innovative Approach to Stretching and Warm-up Programs
- Stretching Out at Work
- 15 brief (90 second to 4 minute) videos for employees
- 10 brief (90 second to 4 minute) reinforcement videos for employees
- User's guide

## Stretching and warm-up/wellness coaching videos

- Stretching and Warm-up Programs
- Stretching and Warm-up Programs — Quick Tip
- Stretching and Warm-up: One Companies Approach Part 1
- Stretching and Warm-up: One Companies Approach Part 2
- Stretching Out at Work
- Stretching: Accountability — Quick Tip
- Stretching: Commitment — Quick Tip
- Stretching: Communication — Quick Tip
- Stretching: Consistency — Quick Tip
- Stretching: Creativity — Quick Tip
- Stretching: Flexibility — Quick Tip
- Stretching: Fun — Quick Tip
- Stretching: Inclusion — Quick Tip
- Stretching: Recognition — Quick Tip
- Stretching: Respect — Quick Tip
- Stretch for Comfort
- Stretching
- Stretching out at work
- The Art of Stretching
- Flexibility
- Blink!
- The Cat Story
- The Rule of Opposites — Quick Tip
- Your #1 Fuel Source is Oxygen
- Warming up
- Cardiovascular Endurance
- Changing Habits
- Dealing Effectively with Stress
- Energy Up
- Fatigue is a Symptom
- Fatigue is a Symptom — Quick Tip
- Let Your Body Breathe — Quick Tip
- Muscle Strength
- Sleep Well
- Sleep Well: Quick Tip
- Stress! — Quick Tip
- The Brain/Body Disconnect
- The Newspaper Lifting Incident — Quick Tip
- The Power Position — Quick Tip
- The Single Event Injury



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