Be Fit Be Well Challenge- Increase Flexibility

The purpose of this program is to assess each participant’s upper body (shoulder) and lower body (hamstring) flexibility and participate in a stretching program geared toward improving their current level over the course of 6 weeks.

- Participants will need to be tested on the dates prior to the beginning of the program.
- Participants will be asked to adhere to a specific stretching program to be done a minimum of 3 times per week. This program will be given out and demonstrated for participants to be done within individual time schedules.
- The stretching program will be demonstrated on specific dates listed below and also be available on the Schumo webpage on October 3\textsuperscript{rd}.
- Participants will receive a wrist band to wear to keep them focused on their goals.
- At the end of the 6 week program, participants must be re-tested at during the week of November 17\textsuperscript{th}. Participants that are active in the program, re-test at the end of 6 weeks, and show some type of improvement will receive a t-shirt.

Flexibility testing will be done in the Schumo Group fitness room on the following dates and times:

- Tuesday September 30\textsuperscript{th} at 5:15pm
- Wednesday October 1\textsuperscript{st} at 12noon and 3:00pm
- Thursday October 2\textsuperscript{nd} at 3:00pm
- Friday October 3\textsuperscript{rd} at 12noon

The flexibility program will be demonstrated:
- Wednesday October 1\textsuperscript{st} at 12:30
- Thursday October 2\textsuperscript{nd} at 3:30

You must sign-up at the Schumo front desk. If you are unable to make the times listed contact Alison Camlin at acamlin@alb.edu.

Be Fit     Be Well
And Be Flexible!