

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 3rd.
- 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 17th. 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 30th at 5:15pm
Wednesday October 1st at 12noon and 3:00pm
Thursday October 2nd at 3:00pm
Friday October 3rd at 12noon

The flexibility program will be demonstrated:

Wednesday October 1st at 12:30
Thursday October 2nd 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!**