

# DESKERCISE

## October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b><i>It's time to Deskercise!</i></b> Select a time in the morning (such as 10 am) and in the afternoon (such as 3 pm) to stretch. Put a reminder on your phone or in Outlook. Use the calendar links to view a stretch demo, then follow along. Share the fun by inviting some coworkers to stretch with you. To be eligible for a prize, upload photos of you stretching to the <a href="#">Wellness Blog</a> .					01
02	03 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	04 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	05 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	06 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	07 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	08
09	10 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	11 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	12 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	13 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	14 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	15
16	17 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	18 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	19 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	20 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	21 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	22
23	24 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	25 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	26 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	27 <a href="#">AM Stretch</a> <a href="#">Stress Relief (optional)</a> <a href="#">PM Stretch</a>	28 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	29
30	31 <a href="#">AM Stretch</a> <a href="#">PM Stretch</a>	<b><i>Stretching just five minutes twice a day can really make a difference!</i></b>				