

# Employee Assistance Program



No matter your age or physical condition, everyone can learn to stretch. Muscles tighten with age and stretching can help prevent injuries. Make stretching part of your daily routine. There are simple stretches you can do when you wake up, while you're at home watching TV, or even when you're at work.

## Benefits of Stretching

There are so many benefits to stretching. The good news is starting a stretching program doesn't require a gym membership, special clothes, or a huge investment of time. Some of the benefits of stretching include:

- Pain relief
- Higher energy levels
- Increased flexibility and range of motion
- Increased blood flow to the muscles
- Relaxation and stress relief
- Improved posture
- Sense of well-being



**Log on to [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)  
or call today to learn more about  
physical health.**

Employee Assistance Program  
**1-866-EAP-4SOC (1-866-327-4762)**

TTY users should call 1-800-424-6117  
Visit us online: [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)



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