

Join us for the

Injury Prevention Challenge

Share your wellness journey on the Schurz Choice Facebook page for the Injury Prevention Challenge! Start by "Liking" the Schurz Choice Facebook page. Then post a photo, comment, or link to the page according to the weekly schedule below. Be sure to use the hashtag **#SchurzChoiceInjuryFree**.

Facebook.com/GoLiveSmart

GET SOCIAL: Facebook

{ Week 1 }

Let us know how you move! Everyone will find a different way to be active. Post your own tips and tricks to the Schurz Choice Facebook page.

{ Week 2 }

Do some research! Find either a video or article that shows exercises you can do at your desk to keep your muscles warm and your body moving. Post a link to the resource on the Schurz Choice Facebook page.

{ Week 3 }

Do you stretch right at your desk? Do you go to the break room? Show us where you find time and space to take care of your body and prevent injury. All you have to do is post a picture of yourself stretching to the Schurz Choice Facebook page.

{ Week 4 }

What adjustments have you made to your sitting posture? This week, post the different adjustments you had to make for proper sitting to the Schurz Choice Facebook page.

#SchurzChoiceInjuryFree

Schurz
Choice
BENEFITS PROGRAM