



Risk Management Principles, Advice & Recipes

Spring has Sprung – It's time to Stretch!

New year's resolutions come and go and hopefully we are all still exercising, losing weight, organized, and accomplishing all our goals. One often overlooked goal that may be best implemented in the Spring is Stretching! Really!!!

A great way to reduce the likelihood of a physical injury and to improve our mental health outlook is to practice daily stretching. Let's consider three basic stretches that can help:

Chest & Shoulders Stretch

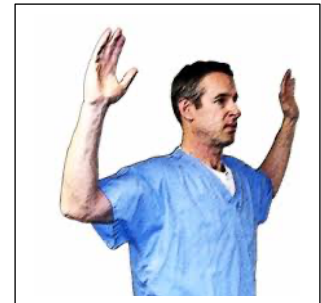
- Stand up straight, raise your arms with your biceps parallel to the floor and your fingers pointing straight up.
- Squeeze your shoulder blades together for 5 seconds. Repeat three times.

Shoulder roll

- With your arms at your side, slowly roll your shoulders forward in a clockwise circular motion five times. Then repeat in a counterclockwise motion.

Side Bend

- With your feet shoulder width apart and your arms at your sides, reach one hand up and overhead slowly while leaning towards the opposite side. Hold for 3-5 seconds. Return to starting position and repeat twice on each side.



Watermelon Cucumber Salad

Salad

- 4 cups of cubed watermelon
- 1.5 cups of sliced and diced cucumber
- ¼ cup chopped fresh mint
- ½ cup cubed feta cheese
- ½ chopped pickle (an optional kick)
- ¼ teaspoon salt

Dressing

- 4 tablespoons extra virgin olive oil
- 3 tablespoons lime zest
- 1 tablespoon honey
- ½ teaspoon lime zest

