



# 1 Day Stretching Boot Camp

## Course Objectives

**WorkSMART** will educate leaders in the proper instruction and application of warm-ups, stretching and microbreak techniques relevant to the posture and work demands of a company's workforce. Course objectives include,

1. To provide participants with the necessary tools to introduce warm-up, microbreak and stretching techniques that will, in turn, reduce personal injuries and the pain and discomfort associated with work and life stressors.
2. To ensure that only the safest techniques are implemented at a worksite, relevant to the physical demands placed on the workforce.

## Course Content

- Roles, responsibilities, legalities and liabilities of Leaders
- Review of physical hazards that contribute to injury
- Working posture analysis and proper biomechanics
- Appropriate warm-up and stretching techniques to counterbalance work postures
- Contraindicated exercises and stretching techniques
- Construction of an effective onsite program
- Motivational techniques and participation strategies
- Success measures
- Practical assessment and review



**Course runs from 8AM to 4PM.**

**All participants receive a certificate of completion along with course manual, posters, and pocket cards.**

### Registration Form: (Fax to 1-604-247-0024)

Name: \_\_\_\_\_ Company: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Fax: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

**Edmonton**     \$325 before January 3, 2012     \$395 after January 3, 2012

**Method of Payment:** Payment by Visa, MasterCard or cheque must be received prior to course date to secure a spot in the workshop. Early bird payments must be received by cut-off date to qualify. Invoicing is available with provision of purchase order number.

- Cancellation Policy**
- Cancellations six to ten business days prior will be refunded at 75%
  - Cancellations five full business days prior will NOT be refunded.

Please invoice me with the following Purchase Order #: \_\_\_\_\_ **OR,**

Visa or  MasterCard    Card #: \_\_\_\_\_    Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

For internal use only	Date Received:	Confirmation Sent:
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