

**LET'S
GET
MOVING**



Get ready to energize your workday!
Coach Travis is launching the Let's Get Moving
Challenge with a dynamic Stretch & Move Session!

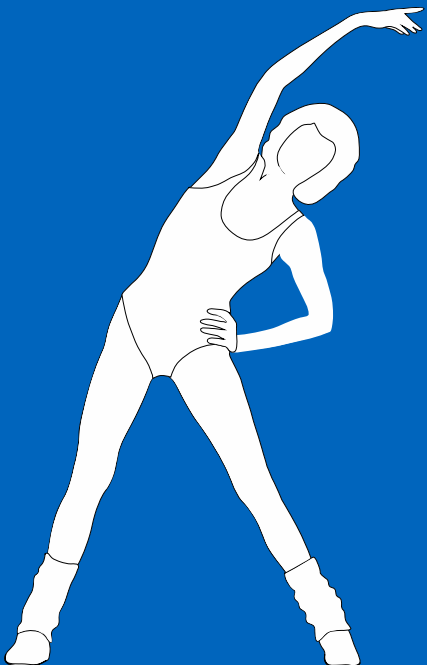


**STRETCH &
MOVE**

VISIT [TRANSITCHICAGO.COM/WELLNESS](https://transitchicago.com/wellness) FOR
THE STRETCH & MOVE SCHEDULE

STRETCH & MOVE

JOIN THE CHALLENGE!



- 10 Minutes of total body stretches
- Low impact movements to get the blood flowing
- All fitness levels are welcome to join
- No gym clothes required



<https://bit.ly/CTAMoves>



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MoveSpring