

BPHC WELLNESS@WORK

INVITES
YOU TO

Planksgiving

one month of planks & thanks.

November 2015

Join us for a month-long challenge to improve your health & well-being!

How does it work?

REGISTER to receive a daily email with:

1. # of seconds to plank for that day
2. a gratitude challenge



Join your colleagues and work up to a 2 minute plank by December!

email wellness@bphc.org
to register TODAY!

Follow along on social media

@HealthyBoston
#BostonPlanksgiving

Don't think you can plank?
try these modifications

→ Simply stand or sit up tall
engage your core muscles
and hold



Standing plank -- stand arms
distance from the wall, place your
palms on wall and lean body
forward as you bend your elbows



Drop your knees to the floor
in your plank

Why Planks?

- Strengthens lower back
- Develops core
- Burns calories
- Helps avoid injuries
- You can do it anywhere!
- You can modify for all levels

Why Thanks?

- Makes you happier
- Happiness makes the brain 31% more productive
- Reduces stress
- Increases resilience
- Improves relationships
- Less complaining

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