Instructions

1. Go to www.epicstretch.com

2. Enter the following information to login
   
a. Username - UVMedu
   
b. Password - #EmployeeWellness

3. Select “Browse Library”
   
   *Participate at your own risk.

Features

Customized Search Bar

Having neck pain? How about your lower back? Type in any area of concern, select (stretches) in the drop down bar and click GO. You will be introduced to many guided stretches for this specific area. Enjoy!

Daily Stretching Recess

Each day, a new stretching recess will be provided. The recess last anywhere between three and four minutes. The goal is to assist you in multiple target areas!