

Instant Recess! Exercise Set #1

Take a 10-minute activity and get your energy on.

Take a 10-minute activity break at a scheduled time every day. Take one right smack in the middle of your work area — whether that's a cubicle or a street! Take one on your own, or join the group. And *a/ways* take one whenever a meeting lasts longer than an hour.

1. Shoulder Shrugs

8 count x both arms together

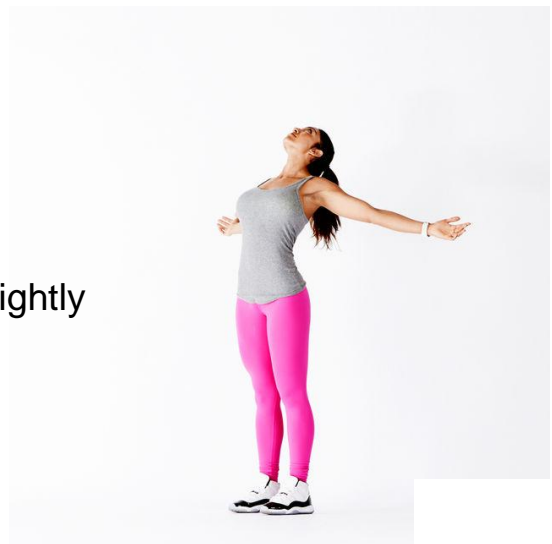
Relax neck, pull shoulders up to ears and down



2. Chest/Shoulder/Neck/Back

Hold 8-12 count

Open up to sky, extend arms to form a “T”, press hand/arms back behind you, gently/slightly arch back and neck — relax and breathe!



3. Lunging Toe Touch

4-6 count x each side (8-12 total)

Shift weight back, onto hips/butt, continuous movement back & forth over each knee, reach for toes (*if you can*)



4. Shoulder Stretch

8 count x each arm

Relax neck/shoulders, pull shoulders across body



5. Neck Stretch

Hold for 8 count each side

Relax neck/shoulders, point opposite arm away from body (slightly “push” away), gently press ear toward shoulder.

