

## WELL-BEING SUPPORT

# Integrating Movement (or Relaxation) Breaks to Promote Wellbeing

***Taking time throughout the day to move is a great way to add physical activity to your routine and carve out space to reflect.***

Research suggests that prolonged sitting is unhealthy. It is a key risk factor for obesity, heart disease, stroke, diabetes and some cancers. Moving throughout the day can improve your health and may increase work productivity! For those of us on the move, taking time to stretch, relax, or reflect will also help carve out headspace for your next task.

## WHY YOU SHOULD PRIORITIZE MOVEMENT BREAKS:

1. Reduce blood pooling (and swelling) in the legs and feet.
2. Increase physical activity and steps throughout the day.
3. Improve focus while at work.
4. Promote healthy work life balance.

## HOW TO INTEGRATE MOVEMENT BREAKS INTO YOUR DAY:

1. Set a timer once an hour to get up and start moving. Stand up and move for 5-10 minutes. You can march in place, walk to the printer or restroom, walk down the hall and talk to a co-worker, or use a standing workstation.
2. Enlist a friend and coworker to come along. If going together is difficult, support each other in your efforts. "It's your turn! Go!"

### Additional Resources

- Wellness & Integrative Health [Youtube page](#)
- Employee Wellness: Request a Presentation – [Fitting Fitness In and Movement Break](#)
- Check out more movement breaks on [Pulse](#)
- Video: [What is a Movement Break and How Do I Get Started?](#)

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**THREE KINDS OF EXERCISES TO GET YOU STARTED:****1. Bodyweight exercises easily done at a desk or in a shared space:**

- **Squats onto a chair.** Tap chair lightly and return to standing.
- **Calf raises.** Take phone calls standing, then start your repetitions. 10-20x on the right, then left, then back again!
- **Wall/desk pushups.** Bring your feet closer to the wall to make it easier. Take your feet further out to make it more difficult.
- **Chair dips.** Work those triceps by keeping your elbows pointed straight back.
- **Stretches.** Chest, shoulders, hamstrings, quads, calves, neck.

**2. Exercises to combat work posture (sitting while hunched over a computer):**

- **Chest openers.** Exercises that promote bringing shoulders down and back, chest up.
- **Hip extension.** Exercises that extend the hip joint, bringing the legs back and flexing the glutes.

**3. Stretches for stress relief:**

- **General stress management [exercises](#).** Breathing; pacing; exercise and stretch.
- **Neck stretches.** Looking side to side; chin to chest & chin to the ceiling; top/bottom half neck rolls.