

Movement Breaks

HOW TO USE THIS WORKSHEET:

1. Read through what a movement break is and how it can benefit you.
2. Pick 1-3 activities from each of the categories below. For each activity do 2-3 sets of 10 repetitions. Start with one 5-10-minute movement break a day, then start to carve space for movement throughout the day.

WHAT IS A MOVEMENT BREAK?

A movement break is conscientiously taking a short 5-10-minute break from sedentary time. It can be as simple as going for a walk, light exercises, or even higher intensity movements. Movement breaks during the day will increase blood flow/decrease blood pooling in the lower extremities, lower the risk of serious health issues, increase energy and productivity. [Watch this short video](#) for more information.

UPPER BODY

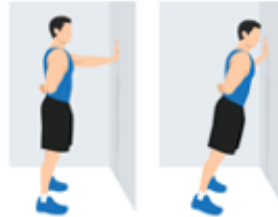
Promote upper back strength and good posture.

Additional exercises: bicep curl, plank, side plank, triceps extension, overhead press.

Arm circles



Single or double arm wall pushup



Chest fly

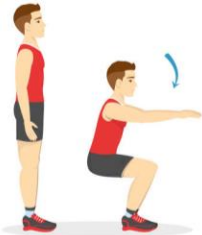


LOWER BODY

Increase core body temperature and reduce blood pooling in the legs.

Additional exercises: static wall sit, side lunges, step ups, chair sit to stand.

Body weight squats



Lunges



Heel raises



STRETCHING

Increase range of motion and combat repetitive sitting and hunched shoulders.

Additional exercises: arm across chest, low squat hold, against the wall calf stretch.

Standing knee hugs



Chest opener



Quad stretch

