



Give Me an Office Break Challenge

Feeling a little stressed or anxious at work? Studies show even just a short break throughout the day can help manage stress and increase productivity*. So if you're starting to lose focus, join us for a weekday office break or mindfulness practice to help you recharge, refocus, and energize your mind and body. Give me an office break? Yes, please!

*Source: <https://www.psychologytoday.com/us/blog/changepower/201704/how-do-work-breaks-help-your-brain-5-surprising-answers>

Required Equipment



Chair

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Day 1 Pick Me Up Office Breaks 2 min	Day 2 Chair Yoga 1 Office Breaks 5 min	Day 3 Slouch No More 1 Office Breaks 5 min	Day 4 Intro to Meditation Mind-Body-Renew 7 min	Day 5 Boost Creativity Office Breaks 2 min	REST	REST
WEEK 2	Day 8 Stretch Break 1 Office Breaks 5 min	Day 9 Lunchtime Lunges 1 Office Breaks 5 min	Day 10 Wrist and Hand Stretch Office Breaks 3 min	Day 11 Mindful Breath Meditation Mind-Body-Renew 11 min	Day 12 Neck Stretch Office Breaks 2 min	REST	REST
WEEK 3	Day 15 Clear Your Mind Office Breaks 2 min	Day 16 Mobility 1: Upper Body Office Breaks 5 min	Day 17 Mobility 2: Lower Body Office Breaks 5 min	Day 18 Be Here Now Mind-Body-Renew 15 min	Day 19 Crunch for Lunch 1 Office Breaks 5 min	REST	REST
WEEK 4	Day 22 Punch It Out Office Breaks 1 min	Day 23 Chair Yoga 2 Office Breaks 5 min	Day 24 Chest Opener Office Breaks 1 min	Day 25 Sukham Mudra Mind-Body-Renew 8 min	Day 26 Hip Stretch Office Breaks 1 min	REST	REST