



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