

Having a Healthy Get-Together

Here are some helpful tips/suggestions to include for your next meeting, class or gathering.

MOVE MORE:

INCLUDE OPPORTUNITIES FOR STRETCHING, MOVING AND FEELING GREAT.

To ensure that everyone feels comfortable participating in a physically active break, follow some simple guidelines and remember that stretch and active breaks are:

Completely voluntary

To be done at a pace that is comfortable

An opportunity to get energized

Also note that these breaks **do not** have to:

Make people sweat

Cause pain or discomfort

Be professionally organized or led by a fitness instructor



Try these fun and active ways to get over only sitting during a meeting, class or gathering.

- ◆ “Reach for the sky” stretch break or standing break
- ◆ Take a walking break around the building or down the hallways and up the stairs
- ◆ Chair marching
- ◆ 3 minute “dance party” (play a favorite song & encourage all to dance/move to the music)

Walking meetings are always a great way to gather or share information and stay active. With a little planning and a good pair of walking shoes, a walking meeting can help leave you feeling refreshed and productive. Before a walking meeting, remember to:

Determine and share the route the team will take with everyone attending.

Have “set stops” to discuss topics, and go at a comfortable pace for all.

Designate a walking leader and a time keeper, bring a watch to remember start/end time.

Make sure everyone is paired up with at least one other person.

Always be mindful of surroundings if discussing confidential/sensitive information.

Sitting in a meeting, a class or at your work desk for long periods of time can often cause neck and shoulder stiffness and sometimes lower back pain. Try doing simple stretches or getting up to walk around the room or office to avoid feeling tired and tense. Do it every hour or whenever you think of it, You'll feel better!



SHOULDER STRETCH



SHOULDER AND NECK STRETCH



WRIST STRETCH 1



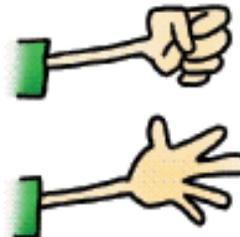
WRIST STRETCH 2



UPPER BACK SIDE TO SIDE



BACK STRETCH



WRIST & FINGERS
clench & straighten



CHIN TUCK



ELBOW FLARE
SQUEEZE BACK



SIDE TO SIDE
TURN OF NECK



SHOULDER ROLLS



REGULAR WALKS
AROUND THE OFFICE