



# Wellbeats

Wellness

## Required Equipment



Chair

# Give Me a Work Break Program

Feeling stressed or anxious at work? Studies show short breaks throughout the day can help manage stress and improve productivity. This program includes short exercises and mindfulness techniques to increase energy and focus.

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Pick Me Up (Stretching) 2 min	Chair Yoga 1 (Stretching) 5 min	Slouch No More 1 (Stretching) 5 min	Intro to Meditation (Mindfulness) 7 min	Boost Creativity (Stretching) 2 min	Rest	Rest
WEEK 2	Stretch Break 1 (Stretching) 5 min	Lunchtime Lunges 1 (Stretching) 5 min	Wrist and Hand Stretch (Stretching) 3 min	Mindful Breath Meditation (Mindfulness) 11 min	Neck Stretch (Stretching) 2 min	Rest	Rest
WEEK 3	Clear Your Mind (Stretching) 2 min	Mobility 1: Upper Body (Stretching) 5 min	Mobility 2: Lower Body (Stretching) 5 min	Be Here Now (Mindfulness) 15 min	Crunch for Lunch 1 (Stretching) 5 min	Rest	Rest
WEEK 4	Punch It Out (Stretching) 1 min	Chair Yoga 2 (Stretching) 5 min	Chest Opener (Stretching) 1 min	Sukham Mudra (Mindfulness) 8 min	Hip Stretch (Stretching) 1 min	Rest	Rest