

Wellness Break Ideas

- Pretend you are rowing a boat, forward and backwards
- Do leg and toe circles for one minute
- Sit in your chair and stand 5 times
- Do heel raises
- Play catch with a soft ball (not softball!) against the wall
- Climb the stairs 5 times
- Run/jog in place for one minute
- Jump rope
- March in place, add arms for one minute
- Do 10 shoulder shrugs/rolls, each side
- Reach for the sky and down to your toes 10 times
- Walk laps around the room and table
- Do Knee lifts