

Making time for activity breaks throughout the work day can help you feel focused and energized, as well as help you fit some fitness into your day. Here are several types of activity breaks to mix it up!

An Activity Break should be:

- An opportunity to be physically active for a short stretch break, a 5-10 minute movement break, or 15-30 minute walking break.
- Completely voluntary and adaptive to fit anyone's abilities, including those with physical disabilities.
- Done at your own pace, comfortable and pain-free.
- Do-able without breaking a sweat.
- Fun and safe, and not require a professional leader.

Standing Breaks

- Current research for computer users recommends to change positions every 20-30 minutes: sit for 20, stand to do work for 8, and move for 2. This helps improve blood circulation, boost metabolism, and relieve physical discomforts.
- Feel the need for an energy boost? Stand up, march in place while raising your arms overhead for 30-60 seconds to feel renewed and ready to focus.
- Make it a habit to stand anytime you are talking to a colleague or on the phone, reading, or participating on a conference call or webinar.

Stretch Breaks

- Stretch your shoulders, neck, hips, back, and wrists throughout the day.
- Stand up to do 3-4 different stretches from these examples provided (most can be done seated, as needed).
- Use the CtrlWork stretch break software (or timer) for reminders to stand, move, and stretch throughout the day.



March In Place



Neck Stretch



Chair Twist



Side Stretch



Hip Circle



Chest Stretch

Be Well at Work – Wellness Program

Campus partners: Be Well at Work – Faculty/Staff Health Programs, Office of Environment, Health & Safety, Office of Human Resources, Physical Education Program, and Recreational Sports.

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Be Well at Work
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Breathing / Relaxation Breaks

- **Deep breathing**
Take a quick relaxation break that can help you let go of distractions and focus on one task at a time. Take several deep breaths while raising arms slowly over your head. Repeat three times.
- **Abdominal Breathing Technique**
This breathing exercise can help you feel calm, renewed, and focused. With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal: 6-10 slow, deep breaths per minute for up to 3 minutes.



Movement Breaks

- A movement break is a 3-5 minute fun, low-impact activity moving your arms and legs to music. It is not a dance routine, but designed to be easy and to accommodate all shapes, sizes and abilities. It is guaranteed to leave you smiling, energized, and ready to give your full attention. It's even more fun with a group. To get started, see the resources under Instant Recess on the Activity Breaks webpage.



Walking Breaks

- Go for a 10-15 minute walk everyday.
- Schedule walk 'n talk meetings.
- Join Berkeley Walks Walking Group for a 30-40 minute walk every MWF.
- Wear a pedometer for motivation to reach 10k steps a day.

