



*A Way of Life. Un mode de vie.  
Ta'n Tel-mimajimk*

## Moving Breaks for Meetings

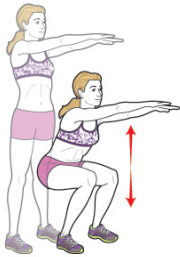
Stand and take big deep breaths in and out while bringing arms up on inhale and down on exhale.

Roll shoulders forward 5 times and roll back 5 times.

Posture Check – Knees should be soft (slightly bent), shoulders relaxed and shoulder blades squeezed together. Breathe in through nose and out through mouth.

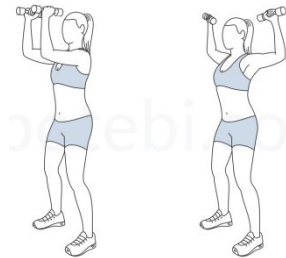
March on the spot, while you chat about the importance of taking a few moments to move, breathe and re-focus!

**Strength Exercises** (if you have a few extra minutes):



Squat – Stand behind your chair and use it for balance if you need to. Keep chest lifted and chin up, lower your body back with weight in your heels and slowly return to the starting position. Repeat 8 times.

Chest Press – Feet slightly wider than your hips, knees slightly bent, bring your arms up and out to the side of your body. Bend elbows at 90 degree angle. Slowly bring forearms together and release back out to the side. Repeat 8 times.



Leg Lifts – Stand, feet in line with knees and hips, arms on your hips or out to the side for balance. (You can also use your chair) Slowly lift your right leg out to the side, and then slowly bring it back to the starting position. (For extra challenge, don't let your foot touch the floor, just hover over the floor. Repeat 8 times. Switch sides and repeat.



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## **Moving Breaks for Meetings** (continued)

**Back Pulls** – Stand, feet in line with knees and hips, arms out to the front of the body, in line with shoulders, palms facing forward. Bring your elbows back to a 90 degree angle, squeeze your shoulder blades together and slowly return to the starting position. Repeat 8 times. For extra challenge do one arm at a time.



**Cardio Movements** (if you want extra movement):

- Step Touches
- March and clap on every 4<sup>th</sup> count
- Tap toes back behind the body
- Heel digs forward
- March and breathe in for 4, and out for 4 (using arms)

**Stretch** Finish your moving break by stretching your neck, shoulders, back, arms and legs.

***Upbeat & Inspiring Music:***

I Love a Rainy Night – Eddie Rabbitt  
Don't Go Breaking My Heart – Elton John  
Mama Mia– ABBA  
Stayin' Alive – Bee Gees  
You Make My Dreams – Daryl Hall and John Oates