



Taking a *Break*

Week 2: Active Breaks

What the experts say... Canadian Physical Activity Guidelines recommend that adults should accumulate *at least 150 minutes* of moderate- to vigorous-intensity aerobic physical activity **per week**, in bouts of 10 minutes or more.

Ideas on Taking Active Breaks

- ❖ **Go for a short walk** outside or indoors, every day. Over time, try to increase the distance you walk, or take a short walking break several times a day.
- ❖ **Take a few minutes to stretch.** Do this several times a day, at your desk, when you go for a walk, or in a private area such as a fitness room.
- ❖ **Join a weekly group physical activity program.** Yoga, walking clubs, Ultimate Frisbee league, fitness classes, Zumba, you name it. Choose a time that works for you, such as right after work, in the evening, or even before work.
- ❖ **Take the public transportation.** Enjoy the walk and the fact that you are more active.
- ❖ **Join with co-workers in supporting a fundraising event**, such as a walk or run for a charitable cause. This type of active break is great for teambuilding in the workplace.
- ❖ **Conduct selected meetings while walking**, such as one-on-one meetings or small gatherings. Walking outdoors can spark creativity and give everyone a little more energy when they return to work.
- ❖ **Take a coffee (or green tea!) break** and ask your co-workers if they would like anything or want to join.
- ❖ Instead of writing an email, **talk to your co-worker face to face.**



ACT NOW!

Practical Tips You Can Do Today

1. Set up your default printer on the other side of the building.
2. Take the longer route to the restroom.
3. Park a few blocks away from the office.
4. Take the stairs instead of the elevator.
5. **Schedule your breaks like you schedule your meetings.**