

Get moving!

Here's some ideas for your workplace of different 'movement' activities that everyone can join in with. Use these as your plan for the week or as inspiration for your own activities:

Monday	Start the week off with everyone completing <u>10.000 steps</u> in their day.
Tuesday	<u>Yoga at Your Desk</u> can help you take a short break away from your screen, stretch and re-focus. Practice as a team in the office, on a video call or encourage staff to take 10 minutes of their working day to do some yoga.
Wednesday	Mindfulness can be a great strategy to 'move' our mindset. <u>Headspace</u> have created a <u>Grounding Exercise for Racing Minds</u> which can be a calming start to a busy day.
Thursday	Why not hold a team walk in the afternoon or try a 'walking meeting' instead of being sat at a desk.
Friday	<u>Desk exercises</u> are a good way to get some movement in your day, especially if you're in meetings all day.