

# ENERGIZING BRAIN BOOSTERS

TAKE BREAKS TO IMPROVE PRODUCTIVITY WITH THESE IDEAS

## IN PLACE

- 10 Sit-Stands
- 10 Situps
- 10 Sky to Floor Reaches
- Balance on 1 foot
- Sing loudly
- March in Place
- Recite something

## STRETCHES

- Neck Rolls
- Primary Back Stretch
- Warrior Pose
- Child's Pose
- Downward Facing Dog
- Shoulder/Arm stretch
- Shoulder Rolls

## HIGH ENERGY NEEDED

- Timed Stairs Race
- Timed Backyard laps
- 20 Jumping jacks
- Cartwheels
- Shake your sillies out
- Dance Party
- Swimming arm circles – opposite
- Swimming arm circles – same direction

## SNACKS

- Water
- Oily Fish snack
- Trail mix
- Blueberries

## CHORES

- Unload dishwasher
- Fold Laundry
- 27 Pickup
- Take out Garbage

## CALMING

- Wall sits
- Wim Hof breathing
- Boxed breathing
- Parasympathetic inhale
- Read a poem aloud

## NEARBY

- Pet the pet
- Wall push-ups
- Hop in a circle

## CROSSOVERS

- 20 Crisscross knee lifts
- 10 Thumb to Nose
- 10 Side Reaches L & R
- Pat head while rubbing tummy
- 10 Front Ankle slaps
- 10 Heel touches in back
- Thumb figure eights – L
- Thumb figure eights – R