

# Revitalize Your Day

## The Power of [Stretch] Breaks



Presented by  
Amanda Scott &  
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# OPTIMIZE

Virtual Wellness Fair

# REVITALIZE YOUR DAY

● THE POWER OF [STRETCH] BREAKS



Amanda Scott & Lisa Capobianco

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# **WELCOME!**

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Amanda Scott & Lisa Capobianco

THE PROBLEM

# WITH STAYING STILL

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**01** Muscle Tension

**02** Long-term Health Issues

**03** Loss on Concentration and Focus





# THE BENEFITS



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- 1 Improves Focus and Productivity**  
Microbreaks essentially help reengage the brain on the task after attention has dropped off, like sharpening a dull knife.

2

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Microbreaks essentially help reengage the brain on the task after attention has dropped off, like sharpening a dull knife.
- 2 Improves Physical and Mental Wellbeing**  
Movement is a well researched way to improve your mental and physical health, creating the time to take breaks can encourage mental and physical health.
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## 2 Improves Physical and Mental Wellbeing

Movement is a well researched way to improve your mental and physical health, creating the time to take breaks can encourage mental and physical health.

## 3 Restores Motivation

For a challenging task that requires our sustained attention, research shows briefly taking our minds off the goal can renew and strengthen motivation later on.



**BREAK TIME**



# THE BENEFITS

## 4 Lowers Stress Levels

A work routine consisting of short periods of focus plus brief breaks in between resulted in lower heart rates in the participants, indicating reduced stress.





# BREAK TIME





# THE BENEFITS



## 5 Reduces Muscle Tension

Injuries to the muscles, nerves or joints of your body, most commonly induced by poor ergonomics at work. For anyone in a job that requires prolonged sitting, standing, or assuming awkward positions, the risk is much higher.



## 6



## 7



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## 6 Improves Health Markers

Longer periods of uninterrupted sitting can lead to increases in blood pressure, however, regularly interrupting sitting may offset negative effects.



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## 7 Prevents Decision Fatigue

The need to make frequent decisions throughout your day can wear down your willpower and reasoning ability leading to simplistic decision-making and procrastination.





**BREAK TIME**

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# HOW TO TAKE MORE BREAKS

WHILE STAYING PRODUCTIVE

- **Schedule them**

- *use your calendar to stay accountable*





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  - *have a representative to lead or invite us*





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- **Save videos and provide links and resources to your team**
  - *try out your favourite stretches seated*





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- **Habit stack them**
  - *build on other routines and add stretches*





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- **Encourage teams to take breaks**
  - *be the leader who invites breaks*





**THANK YOU**

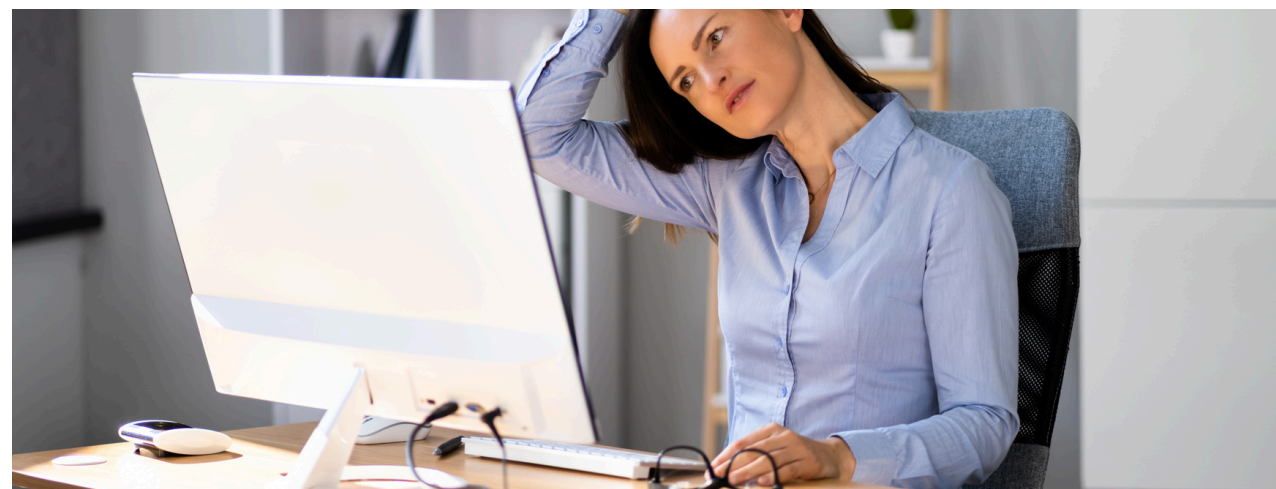
● [VIRTUAL@LIVUNLTD.COM](mailto:VIRTUAL@LIVUNLTD.COM)





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