The Power of Taking Breaks at Work:
Consider a time when you sat in one place for hours on end performing work-related tasks. How did you feel after? Did you feel lethargic and sluggish? Or energetic and motivated?

If you don’t have time for an hour-long break in your workday, a series of small breaks throughout the day can also have a powerful effect on your body and your mind. Studies have found that frequent mini breaks can reduce or prevent stress, help to maintain performance throughout the day and reduce the need for a longer recovery at the end of the day. Additionally, breaks help you remain focused, energized, and engaged in your work, allowing you to complete your tasks more efficiently. Breaks may also improve your mood, overall wellbeing and performance capacity in both your professional and personal life.

Break to Benefit Movement:
When sitting at your desk all day, it’s easy to forget about getting up, moving around, and staying active. Researchers say that the more you move your body, the more alert your brain becomes. Incorporating movement into your workday is extremely important. Planning active breaks into your day can do wonders for your productivity. Without continuous movement, your body will stiffen up and not function optimally leaving room for brain fog, discomfort, and injury. Including movement in your workday improves blood flow and circulation while also activating your muscles. Check out EHW’s “Yoga,” “Yoga Break,” and “Stretch and Meditation” classes for weekly light movement that will improve your blood flow while activating your muscles.

We all know that exercise is essential for better health and longevity, but how we do it varies. The CDC recommends at least 30 minutes of moderate-intensity aerobic exercise five days a week for healthy adults. This includes walking, standing, or even doing household chores to keep the blood flowing!

How to Incorporate More Movement in Your Workday:
Stand Up: Standing often at work provides a break from sitting, helps offset some of the problems that can arise from prolonged sitting, and ensures you stay in motion. Standing for at least one hour a day will help you burn extra calories while still maintaining or renewing your energy levels and focus. One idea is to take phone calls or meetings standing up or walking around. Additionally, there are benefits to changing postures, such as improved focus, engagement, and wellness.

Stretch it Out: Stretching is not only a great way to take a break and calm your mind, but also to recharge your muscles. To help you relieve tension and stay productive on those busy workdays, try
these At-Your-Desk Quick and Easy Stretches. Learn more stretches in the UD Stretching Exercises Booklet.

Take a Walk: It doesn't mean you can't reap the benefits from regular physical exercise if you find it difficult to set aside one 60-minute block of time. Did you know that frequent short little walks throughout your day can be really good for your physical health? You simply need to take more frequent walk breaks during the day. Doesn’t that sound a little more manageable?

Household Chores: One of the best ways to balance household chores and working from home is to maintain a schedule that allows time for both. An example is to set a timer to break from work for 15-20 minutes and start decluttering, organizing, and cleaning. Choose one or more basic housekeeping tasks to complete each day to get your body moving and your mind recharged. Check out these 10 Household Chores That Burn as Many Calories as a Workout or 12 Jobs to Do Around the House for more ideas to move around more when doing household chores. It's important to keep in mind that it's best to participate in a variety of physical activities, and that housework should not be regarded as the main form of exercise.

So, let's get up and get moving throughout the day! Instead of browsing the internet, take a five-minute walk outside. If you have time in between zoom meetings, take a walk around the block or around the house. Are you feeling particularly optimistic? Take one of your scheduled meetings while walking around.