

ACTIVITY: Need A Bit of Energy? MOVE!!!

You're a little over half way through your shift and it happens, you hit a wall. Suddenly you struggle to keep your eyes open, you feel uninspired, and can't seem to get anything done. What can you do? Well believe it or not a nap probably isn't the answer. (If it is think about going to bed a bit earlier.)

The answer is very simple and it's grounded in science. MOVE!! Movement engages your muscles, increases oxygen levels, increases your heart rate, and in turn carries vital nutrients throughout your body. You will feel invigorated and ready to take on the remainder of your day.

Try This!

- Walk whenever the opportunity presents itself. Use the stairs, walk to a restroom that is a bit farther than your usual, print to the printer across the building, take a moment to walk around the building.
- Try some stretches. Focus on the larger muscle group.
 - Neck, Legs, Arms
- Turn your next meeting into a walking meeting!
- If you have the space try some more vigorous exercises.
 - Jumping Jacks, Squats, Pushups, Jogging in place

Adapted from Emotional Intelligence At Work; Hendrie Weisinger, Ph.D.