Movement Breaks

Movement during a meeting can increase meeting participation and attention span, which can mean a more productive meeting.

Use one of these sample movement breaks in your next meeting. Scripts are written out so directions can be read aloud. Remind participants that movement is always optional and to only move in ways they feel comfortable and check around to make sure there is enough space.

Energy Builder 3–5 minutes

• **Heel Taps** – Now we’ll do some heel taps. Stand up and make sure you have space around you. March in place for one minute. Now, do heel taps. Move your right foot in front of your body placing the heel of the right foot on the ground. Bring the right foot back and move the left foot forward, placing your left foot on the ground. At the same time, alternate bending the arms at the elbow like you are doing a bicep curl. Use opposite arms and legs. As your right heel taps the floor in front of you, bend your left elbow. Then switch. Do for one minute.

• **Arm Circles** – Now we’ll do some arm circles. Stay standing and make sure you have space around you. Extend your arms straight out to the sides, making sure your arms are parallel to the floor. Slowly start making small circles with each outstretched arm. Slowly make the circles bigger and bigger until you are making large arm circles (take about 30 seconds to go from small circles to large circles). Then reverse the movement, going in the opposite direction.

• **Torso Twists** – First we’ll do seated torso twists. Sit up straight, hands on your thighs. Take a deep breath in and exhale. Slowly turn your body to the right, placing your right hand on your right hip and left hand on your thigh. Hold for 10 seconds. Slowly turn back to the front. Take a deep breath in and exhale. Turn to the left side, placing your left hand at your hip and your right hand on the outside of your thigh. Hold for 10 seconds.
Move More  
It's a great way to improve your health

**Boot Camp Break 2–5 minutes**  
We will perform 4 exercises for 15 seconds each in this movement break. Everybody stand up and give yourself some space.

1. **Single Leg Balance** – If you are working on balance, steady yourself by holding onto a wall or chair for this move. Balance on one foot and lift the other foot off the ground. Begin to draw a circle in one directions out in front of you with your opposite foot. After 15 seconds, change the direction of your circle. Switch legs and repeat.

2. **Boxing** – Pretend you have a punching bag in front of you. With core muscles tight, begin to punch the bag with alternating arms for 5 seconds. Increase the speed of your punches for the last 10 seconds. Don’t forget to breathe.

3. **Y’S, T’S & W’S** – The next sequence is a set of shoulder exercises, so try to think about pulling your shoulder blades down and away from your ears, keep your knees soft and your ears directly over your shoulders. While standing, place your hands up overhead in a Y position, keeping your shoulder blades down and back for 5 seconds, then bring your arms out to the side in a T position with thumbs pointing to the sky. Rotate your hands to point your thumbs towards the floor. Finish with a W, by bringing your elbows to your sides with your fingertips up and thumbs pointing behind you for 5 seconds, squeezing your shoulder blades together.

4. **March in Place** – Stand in place and begin to march and don’t forget to move your arms. If you feel comfortable in the last 5 seconds, pick up your pace by making your march a jog.

**Movement Circuit 2–5 minutes**  
We will perform this circuit while seated or standing. There will be a series of 6 exercises that will be performed back-to-back 5 times. All of the exercises will be performed maintaining an upright posture (either seated or standing).

- **Shrugs** – Make fists with your hands and let them hang by your sides. Shrug your shoulders by bringing your shoulders up towards your ears and hold for 2 seconds and slowly lower. Repeat 5 times.

- **Bicep Curls** – Start with the left arm, make a fist and let it hang toward the floor. Use the right hand to provide resistance. Slowly raise the left fist toward the left shoulder, hold for 1 second and slowly lower it. Repeat 5 times. Switch to the right arm.

- **Overhead Press** – Bring your elbows to shoulder height, bend your arms at the elbow and hold your fists to the ceiling, push your fists up overhead towards the ceiling, keeping your hands about shoulder-width apart, then slowly lower 5 times.

- **Leg Extensions (seated)** – Sit with your feet on the floor and thighs even with the floor. Slowly straighten one leg until your knee almost locks and then bring it back to starting position without touching your foot to the floor. Repeat on each side 5 times.

- **Knee Raises (standing)** – Standing, alternate raising your knees up, as if you’re marching in place. Try to raise your knee until your thigh is parallel to the ground. Repeat on each side 5 times.

- Now let’s quickly go through the circuit again 5 times in a row. (Start with #1 and lead the group through to #6)