



Team Building Activity

Stretch Break

Focus Area: Physical Activity

Description: Incorporating a stretch break into a meeting or workday is an activity that allows employees to gain more movement in their day while also enhancing range of motion and muscle control, improving workflow and productivity, and cultivating overall well-being.

Category: Small or large groups

Length of Activity: As little as five minutes is needed or more if desired.

In-person or Virtual: This activity can be conducted in-person or virtually.

Tips:

1. There is no right or wrong way to conduct a stretch break! This activity can be incorporated into a meeting (at the beginning, middle or end) or even during the workday (at a specified time).
 - a. If stretching during a meeting, plan the stretch break into your agenda or set a timer so you don't forget.
 - b. If stretching during the workday, determine how you will notify co-workers (for example: email, post fliers, send an Outlook appointment, etc.), and where (for example: outside, conference room, Skype Meeting or via WebEx, etc.).
 - c. *For help facilitating a stretch break via WebEx, please reach out to wfht.tn@tn.gov*
2. Have some stretches in mind ahead of time. (See resources below.)

- a. If participants are stretching on their own during a specified time (whether in the office or at home), be sure to share the stretches ahead of time.
3. Also consider playing music during the stretch break, as it can help participants feel more comfortable engaging fully with the activity.

Resources:

- WFHTN [Desk Stretches](#)
- [Stretches You Can Do at Work](#) (WebMD)
- [Office Stretches](#) (Mayo Clinic)
- [Best Ergonomic Exercises and Stretches to do at the Office Cubicle](#) (Ergonomic Trends)
- YouTube
 - [Deskercise - Lower Back and Torso Stretches](#) (Mayo Clinic)
 - [Chair Yoga - Part 2: Desk Stretches](#) (Cleveland Clinic)



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