

# TAKE FREQUENT BREAKS



DO SOME  
STRETCHES



PLAY  
TUG-OF-WAR  
WITH YOUR DOG



DANCE TO  
YOUR FAVORITE  
SONG

At the office or at school our days are broken up by meetings, class changes, trips out for lunch, and conversations with friends and coworkers. At home, the hours can slip by without a reason to get up. To keep yourself fresh and focused, take a 5 minute break at least once an hour. Do some stretches, play tug-of-war with your dog, or dance to your favorite song.