

TEACHERS TAKE

5

# TEACHER ENERGIZERS

Here's a fun, healthy idea, which takes just 5 minutes and can impact your own physical, mental, and social well-being and the well-being of your colleagues.

Being active during the school day keeps you energized, reduces stress, and improves performance. So let's **TAKE 5** to stretch and move! Together, climb stairs, high kick, dance, and move more. Check out our ideas on the next page, and happy moving!

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# SCHOOL WELLNESS CHAMPION START-UP KIT

## LEAD SHORT EXERCISE BREAKS

Research shows that quick three- to 10-minute workouts throughout the day can help you reach your physical activity goals. Squeeze in a few minutes for team stretch or exercise to get refreshed and energized. Try one of these active break ideas during a meeting or at your workstation:

### WALKING BREAK/STAIR CLIMBER

- » Lead a quick 5- to 10-minute walk around the building. If you don't have time to leave the building, take a quick walk through the halls of the building.
- » If your building has open stairwells, you have a quick workout waiting for you. See how many flights up and down you can squeeze in during your meeting break.
- » Make your break functional. Try using a bathroom on a different floor so you can add a few flights of stairs.

### QUICK AEROBIC WORKOUT

- » Try a five- to 10-minute circuit of fun aerobics moves. Do the following for one or two minutes each:
  - March or run in place
  - Alternating knee lifts (touch your knee to your opposite elbow)
  - Low or high kicks to the front and sides (if you have room in your meeting space!)
  - Wide, side-to-side steps (step left, feet together, step right, feet together)

### STRETCH IT OUT

- » Follow a short video with stretches for your workplace. Copy this URL into your browser or smart phone and just follow the lead of Kaiser Permanente union workers.

<http://Impartnership.org/stories-videos/do-your-own-instant-recess>

### DANCE PARTY

- » Try a three-minute dance party – the average length of a pop song. Play a song on a cell phone speakerphone. Move your hips. Put your hands in the air. Don't be afraid to make a little noise and have some fun.

### BREATHING EXERCISE

Belly breathing is one of the simplest breathing techniques to do. It only takes a few moments and can be a great way to unwind. Lead a group through these steps:

1. Sit in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing three to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

## PLANNING TIPS

Before planning an appreciation event, talk with your co-worker to understand what they prefer. Not everyone likes to be praised in the same way.