

# 5 Minute Stress Relievers and Fitness Ideas

*for a quick break at the office or even between TV programs at home*

## These simple ideas will help Keep Your Body Active and Your Mind Sharp!

Cube, computer, and a sedentary TV life style can suck energy and vitality right out of you. However, you can use your workspace or living room to put the zing in your step and be more productive and alert than ever.

Of course, the most effective way to combat fatigue is with a dose of complete stretching, deep breathing, and good posture. There are plenty of stress and vitality boosters all around you. You don't have run to the gym. In fact, there are lots of ways you can reduce stress and increase energy within 100 feet of your desk or heaven forbid, the TV.

For starters, we suggest at least five minutes of physical activity for every hour you spend at the computer. People who sit at desks, computers, or TV's for hours on end are most prone to dwindling alertness and productivity.

## Let's Get Physical

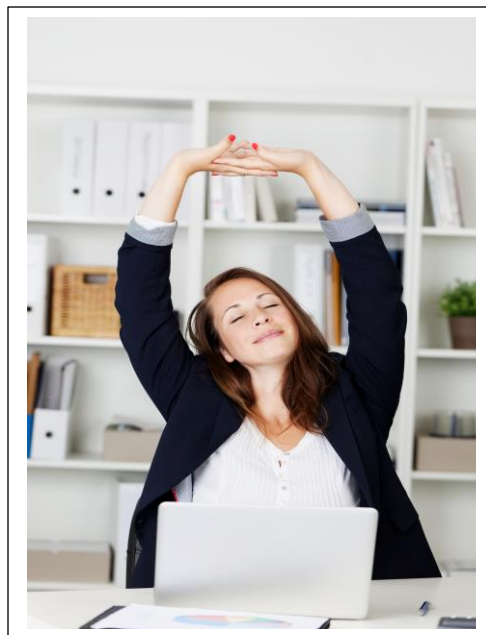
- Go to the office staircase and step up and down the bottom step (like step aerobics).
- Take two steps back from your desk and lean forward until you're in an angled pushup position against the edge of your desk (This will also work against a wall). Do a couple quick sets of incline push-ups.
- Lift 1 pack of printer paper or a soup can in each hand. Curl them like weights or lift them over your head.
- Close your door and shadow box for a few minutes. Try to imagine a stressor (your boss maybe?) while you're punching.
- Start a pick-up game of trash can basketball! Create trick shots, or play against a coworker. A little friendly competition can go a long way.
- Jumping jacks are a simple, quick way to pump you up. Try to increase your intensity (speed) and duration (minutes) to keep it challenging.
- Go for a short walk around the office or outside around the block.
- Stand up and stretch your muscles. Don't forget your neck and wrists.
- Pull out a [resistance band](#) and do some arm [exercises](#) on the couch or at your desk.

## Let's Get Mental (in a good way...)

- Do word puzzles. Crosswords, word finds—even a jigsaw puzzle.
- Share a good joke with a friend, a little laughter can improve your mood and decrease stress instantly.
- Rearrange your office or TV room.

- Switch hands with whatever you're doing.
- Draw something. Let your mind create.
- Stand perfectly still and silent for two minutes. Just reboot....
- Do some deep breathing or quiet meditation.
- Take the long way to the break room.
- Forget the boardroom. Hold walking meetings.
- Hand-deliver mail, memos and faxes. If at home, take the long way to the mailbox.
- Chat face-to-face instead of by email or phone.
- Use a bathroom on the other side of the building or on another floor.
- Have a lot of phone time? Buy a cordless phone and move around while talking.

***Taking care of yourself at work and at home is just one way fitness can help you in all parts of your life. Just do it, a few minutes at a time.***



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