



MARCH MICROBREAK MADNESS '22

SUNDAY FUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CHALLENGE YOURSELF TO TAKE ONE MICROBREAK EACH HOUR DURING A 6 HOUR TIME PERIOD EACH DAY. FEEL FREE TO MODIFY AS NEEDED; THE OBJECTIVE IS CHANGING YOUR SHAPE AND FOCUS.</p>		<p>1 10 Squats</p>	<p>2 Stand up and stretch arms overhead; gently lean side to side</p>	<p>3 Refill your water and take a long drink</p>	<p>4 Stand on one leg for as long as you can; switch sides</p>	<p>5 Get some fresh air</p>
<p>6 2 Sets of 5 or 10 pushups</p>	<p>7 Walk up and down a flight of stairs for 2 minutes</p>	<p>8 Close your eyes and breathe deeply</p>	<p>9 Play recycle bin basketball</p>	<p>10 2 Sets of 6 burpees; take out the jump or modify as needed</p>	<p>11 Clasp hands behind back & down; stretch torso & head upward</p>	<p>12 Alternating standing knee hugs - set of 10</p>
<p>13 Take part in a walking conversation, phone call or meeting</p>	<p>14 2 Sets of 10 jumping jacks</p>	<p>15 March in place for (2) 30 second intervals</p>	<p>16 Empty your garbage can(s), or walk garbage to a receptacle furthest from you</p>	<p>17 Hold warrior pose for (2) 30 second intervals</p>	<p>18 10 Lunges or high knees</p>	<p>19 Hold boat pose for as long as you can, twice</p>
<p>20 Find a book to reach for today instead of your phone</p>	<p>21 Write a short note of kindness or gratitude to a colleague and place it where they'll find it</p>	<p>22 Hold a plank for as long as you can; may be modified w/ knees down</p>	<p>23 Take a dance break to your favorite song</p>	<p>24 Stretch arms out wide and look up to the ceiling</p>	<p>25 Take a 2 minute walk</p>	<p>26 1 Minute of cat/cow stretch</p>
<p>27 Stand up and observe what is happening outside the nearest window</p>	<p>28 Walk a lap outdoors around your home or office</p>	<p>29 Drink 8 oz of water; the next microbreak may be to the washroom</p>	<p>30 Hold cobra or baby cobra stretch for (3) 20 sec intervals</p>	<p>31 2 Sets of 10 calf raises</p>	<p>BRING IN YOUR COMPLETED, CROSSED-OFF CALENDAR FOR A FREE COREPHYSIO WATER BOTTLE STICKER, OR JUST BASK IN YOUR NEWFOUND HEALTHY HABITS.</p>	