

ENERGIZE YOUR AFTERNOON

BOOST YOUR HEART RATE

Incorporating movement breaks and exercise throughout the work day has positive effects on your physical health and mental aptitude. If you're feeling an afternoon slump coming on, get your blood flowing and elevate your heart rate—even a few minutes can boost your mental clarity for the rest of the day.

TAKE A MOVEMENT BREAK

Door frame stretch:

- Alleviate the chest, upper back, and neck by placing hands inside a door frame, then stepping forward.

Seated neck stretch:

- Sit up tall, place your hand on the side of your head and gently pull down to the side.



DO A WORKOUT

- Go for a walk to take advantage of natural light that will boost your mood.
- Lift weights to strengthen back, shoulders, core and glutes to help offset seated posture.
- Practice yoga to strengthen and stretch sore muscles and focus on deep breathing to reduce stress.

Sources:

<https://www.inquirer.com/philly/health/personal-best/3-exercises-for-beating-the-afternoon-slump-20180425.html>