

## Let's Take an Energetic Break - For Meetings I

Let's work out and relax

Stretch one arm across your chest, then relax

Repeat with the other arm, then relax

Clasp your hands and rotate your wrists

Separate your hands gradually, while keep rotating the wrists

Circle the arms backwards

Circle both arms forwards

Swing your arms to the sides with your fists clenched

Swing both arms upwards

Swing both arms downwards

Inhale and relax

Straighten both arms out in front, then upwards

Open arms out to the sides and bend the knees

Repeat the movements

Bend the knees

Stand with your feet apart, then repeat the movements at a faster tempo

Turn your head to one side, then return to the starting position

Turn your head to the other side, then return to the starting position

Lower your head, then return to the starting position

Raise your head, then return to the starting position

Repeat the movements at a faster tempo

Clap your hands

Step your feet, open, close, open, close, open, close, open, close

Now clap your hands as well