

Tips



= Stand on one leg for 30 seconds on each side or rise onto your toes.



= Stretch the muscles of your upper or lower body however you like.



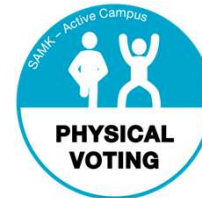
= “The best posture is the next one”—change your working posture several times a day.



= Walking stairs up and down is an easy and effective way to take a break, especially at campuses.



= Sitting or standing. Rotate your shoulders, for example, 5 times forward and 5 times backward.



= Expressing an opinion or a response through physical means, such as by making a certain movement or changing one's physical location or posture.



= A symbol indicating that it is recommended to listen to a lecture or meeting while moving around, such as while walking.



= You can break up periods of sitting still with light movement without losing your concentration.



= 5-10 squats effectively stimulate blood flow to the lower body and the brain.



= For example, a conversation can take place while walking or on the move.



= Taking a break outdoors is a great way to recharge.

Tips



= Discussion can be held while standing during classes or meetings.



= Rest your eyes by looking as far away as possible for 20 seconds.
You can relieve dry eyes by looking down for 20 seconds.



= Come up with a break activity yourself, or have your students or coworkers come up with ideas (e.g., 1–5 min).



= Even a 30-second microbreak helps maintain focus, prevents fatigue, and an active microbreak stimulates blood circulation.



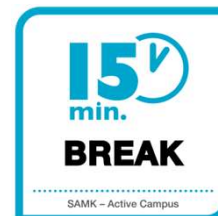
= A short, active break increases alertness, helps you focus, and enhances learning. A quick workout, a brain teaser, or a breathing exercise.



= Suunnittele tauko etukäteen luento- tai kokousmateriaaliin.



= Plan a break in advance when preparing lecture or meeting materials.



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= In the Break Pro break exercise program, you'll find 1-5 min ready-to-use exercise break videos.