



BALANCE

IS THE MAIN THING



Go for a walk or go jogging with a partner once a day. Put on work gloves, get a trash bag and pick up all the litter that has come out from under melted snow*.

More ideas for teams...

- It's time to update your Zoom/Teams/Slack meetings! Create an open space around your computer or device. Stand up. Move around and gesticulate with your whole body while speaking to others!
- Rake some leaves! If you don't have a garden yourself then offer your help to a friend in need.
- Change your workspace into a "standing" workspace! If your table is low, place your chair on the table and your work on the chair so that you can work while standing. In fact, it would be great if you could find at least 2 hours for standing every work or school day.
- Try fidgeting around!
- Instead of a snack break, take a movement break - walk two laps around your house or street, or try to find some stairs to climb.
- Dance! You can dance when you're making breakfast, hanging clothes to dry or putting on your shoes!
- Learn to juggle, jump rope or spin a basketball on your finger.
- Connect culture with fitness! Get a map of your surroundings and find all the landmarks there. Plan a walk to find these landmarks with your friends. Look at your neighbourhood through a tourist's eye. If there are no major landmarks, maybe you can create some yourself?

