

# Take Your Break

## Break away

### How to take this break

Have your exercise gear at the ready. The idea is to sneak in an activity, 10 minutes at a time, whenever you can throughout your workday. This could include walking or wheeling to or from work, and during breaks or at lunch.

### Why this counts - **Energizing**

A little bit of fitness can go a long way to reducing stress and providing you with the energy you need to be more productive and happier throughout the day.

Go to [Workplace Strategies for Mental Health](http://WorkplaceStrategiesforMentalHealth.com) for more ideas, tools and resources to help with the prevention, intervention and management of workplace mental health issues.

### Ideas for this activity were contributed by

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Take Your Break activities should be approved by your employer/leader prior to initiating them. Take Your Break activities are provided for general information only and are not intended to be a substitute for medical advice. Always consult your physician or appropriate health care provider with respect to your particular circumstances.