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 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.