



# Introduction Summary

## WHY, WHEN, WHAT AND HOW TO TAKE A STRETCH BREAK

- Breaks should be taken **every 20-30 minutes** per advice from doctors/physical therapists.
- Failing to take breaks results in unhealthy posture, trains the body to a new “normal” hunched position.
- **The 4 “S’s”**: **S**top | **S**traighten Up | **S**tep Away from Your Work | **S**tretch

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### Let's Practice

- **Set a Timer**: When it chimes, **S**top what you're doing, **S**traighten up, **S**tep away from your work, walk around, get a drink of water (hydrate) and practice some gentle yoga **S**tretches.

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### Two Things to Note:

- Stretches should be gentle and not cause pain
- Breathe
  - > Put one hand on your chest and the other one on your belly.
  - > **Breathe**: Which hand moves?
  - > Practice breathing deeply so that the hand on your belly moves with each breath.

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**Thank You for Choosing Health. See You Next Time!**