

# Team Building Activity

## Stretch Break

**Focus Area:** Physical Activity

**Description:** Incorporating a stretch break into a meeting or workday allows employees to gain more movement in their day while also increasing range of motion and muscle control, improving workflow and productivity, and enhancing overall well-being.

**Category:** Small or large groups

**Length of Activity:** Can be completed in as little as five minutes, but it can be longer if desired.

**In-person or Virtual:** This activity can be conducted in-person or virtually.

### Tips:

- Inform participants they should follow advice from their physician and participate at their comfort level.
- When using the resources and links below, if a non-rolling chair is recommended, let participants know before beginning the stretches.
- This activity can be incorporated into a meeting or another time during the workday.
  - If stretching during a meeting, add it to your agenda.
  - If stretching during the workday, determine how you'll notify co-workers. For example, you could do this by email, flyers or sending an Outlook appointment. Make sure they know where the stretch break will occur. For example, outside, in a conference room, on a Teams meeting or on WebEx.
  - If participants are stretching on their own during a specified time, whether in the office or at home, be sure to share the stretches ahead of time.
- Consider playing music during the stretch break, as it can help participants feel more comfortable engaging fully with the activity.
- For help facilitating a stretch break, please reach out to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).

### Resources:

- [Desk Stretches](#) (Working for a Healthier Tennessee)
- [Office Exercises](#) (Working for a Healthier Tennessee)
- [Stretches You Can Do at Work](#) (WebMD)
- [Office Stretches](#) (Mayo Clinic)
- [Best Ergonomic Exercises and Stretches to do at the Office Cubicle](#) (Ergonomic Trends)
- [Deskercise - Lower Back and Torso Stretches](#) (Mayo Clinic)
- [Chair Yoga - Part 2: Desk Stretches](#) (Cleveland Clinic)

