

# DAY 2: TAKE A BREAK TUESDAY

It is important to take breaks to help us re-energize throughout the day. Research shows it's important to disconnect throughout the day to help you feel more positive. These breaks can either be used to give your mind a rest, so that you are less likely to burn out, or to make sure that you are re-energizing your body. We are all staying indoors now, so the risk of working too long without a break or sitting too long without any movement are even greater!

## TUESDAY'S WORKR BEEING CHALLENGE!

### **NEW BEE:**

When we feel overwhelmed, we tend to neglect our needs. Schedule a 10 minute break into your work day and stick to it. Stand outside (practice social distancing!), close your computer, or move away from where work is being done (for all you amazing essential workers out there!).

Disconnect fully from your work and do something pleasurable for 10 minutes. You might also grab some water or a snack, if you need one.

### **HONEY BEE:**

It's important not to lose sight of your broader goals during this time. Take a 15 minute break from your work, but spend it writing out a goal that you have for your week. This constructive activity helps to ensure your break has positive impacts on your life overall. What is your goal? What steps will you take this week to achieve that goal? What will you do if your plan doesn't work out the first time around? Write it all down and schedule the first step.

### **BOSS BEE:**

Take both a non-work break and a work break today! The order doesn't matter, just make sure you take 10-15 minutes in the morning (or early in your shift) and 10-15 minutes in the afternoon (or later in your shift). Make sure that one of your breaks helps fulfill your needs and one of your breaks is goal-oriented.



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## TUESDAY'S REMIX CHALLENGE!

### SOLO WARRIOR:

Take a break with this energizing bootcamp workout. You'll just need yourself and a timer. Start with a 3-5 minute warm-up (e.g. jog in place, high knees, arm circles, walking lunges, plank holds) Then, there are 7 different exercise groups with 2 exercises in each group. Do each exercise for 30 seconds and each exercise group two times each. Take an active 10 second rest in between each exercise. [Solo Warrior Bootcamp Video](#)

- ▶ Jumping jacks + Push-ups
- ▶ In a low squat, fast punches + Tricep dips
- ▶ Fast feet in and out + Squats
- ▶ Heismans + Hover squat pulses
- ▶ Butt kicks + Alternating lunges
- ▶ Bicycle legs + Mountain climbers
- ▶ Crunches + 30 Second plank hold

Be sure to finish with a 3 minute cooldown/stretch (i.e. use same exercises as your warm-up)

### COUPLE GOALS:

Motivate each other with these energy-boosting exercises you can do together. Start with a 3-5 minute warm-up (e.g. jog in place, high knees, arm circles, walking lunges, plank holds) Then, do each move for 30 seconds each with a 10 second active rest. Do at least 5 sets of each move. [Couple Goals Bootcamp Exercise Video](#)

- ▶ Push ups
- ▶ Plank high fives
- ▶ Sit ups
- ▶ Wheelbarrow
- ▶ Back to back wall sit
- ▶ Back to back wall sit with oblique twist

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## TUESDAY'S REMIX CHALLENGE!

### **FAMILY GOALS:**

What's more motivating than a little friendly competition? Get your heart rate up, enjoy a boost of endorphins and come together as a family with a relay race! Break off into teams or time each other to see who can go the fastest. [Family Goals Bootcamp Exercise Video](#)

- ▶ Relay exercises: high knees, walking lunges, butt kicks, mummy kicks, inch worms, high skips
- ▶ Once finished the relay races, push each other do to 30 repetitions of the following exercises: push-ups, jumping jacks, squats, lunges (both sides), and a 30 second plank hold.



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**TUESDAY'S JOURNAL:** *How did your break(s) feel? Did they help you feel re-energized and focused? What could you have done better to benefit from your break(s) more?*

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