



UCA BEWELL

STRETCH BREAK MENU

Try one of these activities during your next 5-minute stretch break!

Mini Meditation

Click [here](#) for a 3-minute guided meditation from HealthCheck360.

Stand & Stretch

Click [here](#) to get your blood flowing with a 3-minute guided stretch break.

Hydrate

Drink a glass of water or refill your workstation water bottle.

Burst Workout

Click [here](#) for 5-minute bursts of daily physical activity you can do anytime, anywhere!

Get the Wiggles Out

Click [here](#) to do a silly dance with your kids!

Call or Text a Friend

Help curb social isolation. Check in with your friends and co-workers.

Quick Yoga Session

Try this 5-minute guided yoga session, [here](#).

Breath of Fresh Air

Step outside, walk around if you can.

Laugh out Loud

Wanna laugh? Click [here](#)!

Journal

Try the journal feature on MyHealthCheck360

