

RECHARGE Instant Recess Guide

The goal for RECHARGE Instant Recess is to provide a relaxing break that is inclusive and allows for everyone in the workplace to participate.

Consider the following notes to help guide your activity:

Introduction/greeting:

- **Duration:** explain how long the activity will take
- **Type of exercise:** explain what type of activity will be done today: stretching, yoga, or deep breathing.
- **Difficulty level:** are these moves for beginners or advanced? Explain any variations needed.

Safety Guidelines: RECHARGE Instant Recess should always be done at a comfortable level and should not produce pain. Make sure employees remember the following:

- **Never bounce when stretching** and allow time for each stretch. Remind employees that it is okay if they are not flexible, they just need to feel a stretch.
- **Never lock out a joint.** Maintain a slight bend in elbows and knees to prevent injury
- **Bend from the hips** (not waist) to protect your lower back
- [Review Health and Safety Guidelines](#)

Leading Instant Recess: After the leader has chosen an activity to lead, make sure they are familiar and comfortable leading and guiding others in these movements. This also helps to deliver a smooth and clear Instant Recess session.

Reminders:

Attire: Comfortable clothes that employees can move and stretch in is preferable, but they should be able to participate in RECHARGE Instant Recess in any attire. Sneakers are not required.