

10 Easy Exercises & Activities for the Workplace. ... Stay Active, Stay Productive



Print & Walk

Collect printed documents by walking to a different room or taking a lap around the office.



Desk Stretches After Reading a Report

Stretch your chest, sides, and neck after finishing a report to release tension. Simple seated stretches can refresh both body and mind.



Walking While Taking Notes

Pace around while brainstorming or taking notes to break up long periods of sitting and keep the body moving.



Stretch or Move After Completing a Task

After finishing a paper-based task, do chair squats, desk push-ups, or calf raises to promote circulation and keep active.



Leg Movements After Using Paper

Keep your legs active with seated leg extensions or toe taps after using REY paper for tasks like writing or sketching.



Stretch Breaks After Reading or Writing

Perform wrist, forearm, and shoulder stretches to release tension after a long writing or reading session.



Posture Reset After Typing or Writing Notes

Reset your posture with shoulder rolls and deep breathing to stay aligned and focused after using the computer or taking notes.



Breathing & Focus Exercises After a Paper Task

Take a mental break by doing deep breathing or mindful movement to refresh both mind and body after completing a task.



Lunchtime Movement

Use lunch breaks for a quick walk or stand while on the phone or in meetings to add movement to your day.



Post-Note Taking Stretch

Stretch after note-taking with a standing overhead stretch or a hamstring stretch to keep your body flexible and engaged.