

# ZiZo: Zoom In and Zoom Out of Movement

Reducing sedentary time and stress while increasing energy and concentration in online programming!



## 1. STAYING GROUNDED

Feeling restless or stuck in your desk chair?

- Check in with your posture
- Engage in movement: say hello to your body!
- Take a mindfulness break



## 2. STANDING OVATION

When someone has just completed a presentation, boost the presenter's mood AND get your circulation going by standing up and clapping for them!

Other tips for **standing** throughout the day:

- **Set reminders** on your electronic device or write yourself notes to STAND UP & MOVE!
- Sit less, stand more: Try to get up from your desk **every 15-30 minutes!**



## 3. HEAD TO TOE MOVEMENT

Regularly engage your body in movement that feels good to you.

- Whether you prefer a low-intensity "march in place" or a high-intensity interval workout, **move safely and intuitively.**



## 4. YOGA BREAK! THE THREE KOGA KERNELS

1. **Postures** (Asanas): shapes, flows, and movement
2. **Breathing** (Pranayama): engaging in a few moments of belly breathing has been shown to manage acute stress!
3. **Meditation** (Dhyana): take a few moments to reflect on how your body is feeling, allowing yourself to fully relax



## 5. BODY POLLS

Create a body poll to add a movement break to your online presentation!

For example:

What is your preferred fruit?

A= apple

B=banana

C= clementine

To vote:

A: Make an **A** with your body OR move like an **Ape!**

B: Make a **B** with your body OR **B**alance on one leg

C: Make a **C** with your body OR **Cat-Cow** yoga posture



## 6. DANCE BREAK

- Boost your mood and get some fun movement in with a dance break
- Turn on your favorite song, and move to the music. Don't forget to smile!



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