



Quick Exercise Breaks Webinar



This interactive training will provide research based information focused effective ways to implement exercise into the day, and will provide tangible steps one can take to devise a workout anywhere.

In this handout, you will find space to take notes and resources from the webinar.

1. What are some of the benefits of exercise?
2. What will you use from this webinar to fit exercise into your day?
[The Unconventional Workout Equipment recording](#) and the [Limited Equipment Workout recording](#) may help overcome the challenges of equipment.
3. List the steps of devising a workout. Make notes to remind yourself of how to do this at a later date.

Step 1: Time Available & Focus

Step 2: _____ and _____

Step 3: Type of workout, such as _____

Step 4: Rep Range (8-12 for strength and 12-20 for endurance)
 Determine Movements/exercises, such as _____

Balance the workout by _____

Step 5: Warm-up & Workout
4. Remember to use good form and to work at your own ability level throughout the workout, wherever you are. Maintain good spine alignment and other safety cues such as:
5. Online educational demonstration videos:
 - [10 min stretch break](#)
 - [Quick yoga break](#)
 - [Full body warm-up](#)
 - [Cardio and strength Tabata with equipment](#)
 - [Bodyweight cardio and strength Tabata](#)
7. Daily workouts are [available online here](#) along with a [band and bodyweight workout](#)

Key Takeaways & Notes: