

# Take 10

A burst of FUN and Fitness!

- Ten Minutes
- Lead by certified fitness specialists
- Customized to your team's work style or goals
- Features trending fitness and wellness themes
  
- \$25 plus travel fees
- Schedule your Take 10 by calling 952-567-3777



## POSTURE CHECK

Review correct seated posture, learn and practice exercises you can do in your chair to help minimize common aches and pains

## BRAIN BOOSTER

Increase oxygen to your brain and body with these active movements and quick response trivia challenges

## STEALTH HEALTH

Practice ways to move without anyone around you knowing you're exercising!

## SLIDE STEP

Use glider discs to engage your body and balance, no need to be naturally graceful the discs are the perfect dancing partner!

## RUBBER MEETS RESISTANCE

Using resistance bands for strength training, options for all fitness levels

## STRATEGIC STRETCHING

Learn how to effectively stretch, releasing tension from common problem areas, while in a seated or standing position

Limited Time?

# Take 3

- Effective and efficient
- Three-minute, self guided breaks!
- Contact [info@tcfite.com](mailto:info@tcfite.com) to learn more about these exercise handouts.