

TAKE 10

10 ways to Take 10 during your working day

It is proven that moving more everyday will help you to feel healthier and happier. Try to build in at least one thing from the list to every working day. You can use our suggestions and think of your own. If there are barriers that make this difficult for you, try changing the ideas so that you can do them. Or contact the Better Living Service for some more ideas.

TAKE 10	TYPE OF ACTIVITY	DESCRIPTION	QR
1	<u>Take 10 from your chair</u>	Whatever your level of mobility, why not try these chair-based exercises from Staying Well's Zain Ghani.	
2	<u>Take 10 in the fresh air</u>	Plot a 10-minute walking route from your home. Try our Step Out Challenge Calendar for some added wellbeing benefits.	
3	<u>Take 10 in meetings</u>	If you don't need to be on camera, why not walk and talk? Watch our video on walking meetings.	
4	<u>Take 10 at the start or end of your work day</u>	If you commute to work, could you replace part of your journey by walking or cycling? If you're working from home, can you use your commute time to Take 10? To get into walking or cycling no matter what your level, visit City Connect	
5	<u>Stretch it out to Take 10</u>	Spend 10 minutes doing some of these stretches, standing or seated.	
6	<u>Remind yourself to Take 10</u>	Put the time in your Calendar every day and set an alarm on your phone to remind you and your colleagues to Take 10	
7	<u>Take 10 with our video</u>	Follow along to our Take 10 video with our Council Colleagues to see a Take 10 in action	
8	<u>Take 10 and tidy the house or garden</u>	10 minutes is plenty of time to do a spot of weeding, some hoovering or some dusting. If you're looking for gardening tips, read the latest Grow Calderdale Newsletter and subscribe to future editions.	
9	<u>Multitask some Take 10's</u>	You don't have to Take 10 just once a day, you could build them in to other tasks – see our video for some inspiration.	
10	<u>Take 10 with an app</u>	The NHS One You Active 10 app can help you track your walking for free.	

Share how you Take 10!

Help inspire others to Take 10 by tagging us in your social media posts:

Twitter: @ActiveCdale Facebook: @ActiveCalderdale Instagram: @activecalderdale

TAKE 10

Ten ways to Take 10

Can you spend 10 minutes doing these stretches? They can be done standing or seated.



1

Prayer Hands

Put your palms together, fingers pointing up, push hands down for 10 seconds then point fingers down and pull hands down for 10 seconds



2

The Shoulder Stretch

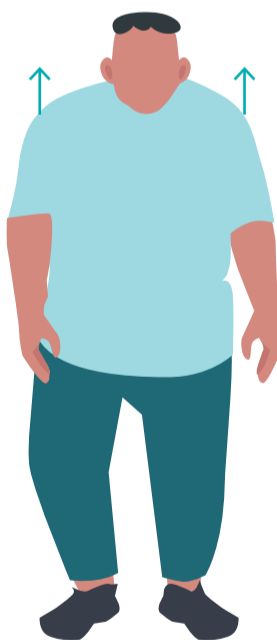
Hold one arm across your body and pull your elbow into your chest. You should feel your shoulder gently stretching



3

The Upper Back Stretch

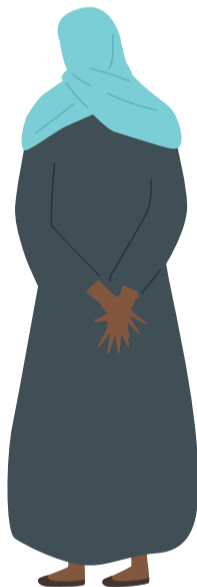
Sit down, put your hands together, fingers interlocked, extended arms with palms reaching forward



4

The Head Tilt

Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and Repeat. 10 seconds per side



5

The Elbow Bend

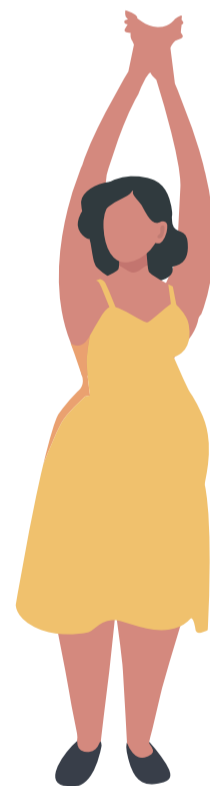
Arms above head, grab hold of opposite elbow, lean side to side. 10 seconds per side



6

The Reach

Fingers interlocked, pull arms over head with palms reaching up. 10 seconds



7

The Shoulder Roll

Arms at side, roll shoulders up and back. 5 seconds x 3



8

The Back Stretch

Sit down, place hands on lower back for support, lean back. 10 seconds

10

Shake It Out

Arms at side, shake hands out. 10 Seconds

9

The Twist

Cross one leg over another, take opposite arm to knee, twist towards open side. 10 seconds per side

