**Script for Micro break Exercises (from Hallebeck et al., 2017)**

Look forward. Tip head back to look at ceiling. Tuck chin and curl down to chest without bending over. Look forward, lifting head up. Tip head back to look at ceiling. Tuck chin and curl down to chest without bending over. Look forward.

Turn head right, forward, left, forward, right forward, left. Look straight ahead and arch your back and push your belly forward. Squeeze your glutes. Keeping glutes clenched, take a bow with straight back and straight knees. Stand up straight. Arch your back and push your belly forward. Squeeze your glutes. Keeping glutes clenched, take a bow with straight back and straight knees. Stand up straight.

Shrug your shoulders and lift chest up and out. Then rotate your shoulders back and pull your shoulder blades together. Relax. Shrug your shoulders and lift chest up and out. Then rotate your shoulders back and pull your shoulder blades together. Relax. Shrug your shoulders and lift chest up and out. Then rotate your shoulders back and pull your shoulder blades together. Relax.

Interlace fingers and push palms away from you. OR if you have wrist issues palms together and out hands forward.

Put your right foot forward. Stand straight up and putting weight on ball of foot raising heel. Put heel down and lift toes then rotate shoulders away from forward foot with toes up. Stand straight up and putting weight on ball of foot raising heel. Put heel down and lift toes then rotate shoulders away from forward foot, toes up. Put your left foot forward. Stand straight up and putting weight on ball of foot raising heel. Put heel down and lift toes then rotate shoulders away from forward foot with toes up. Stand straight up and putting weight on ball of foot raising heel. Put heel down and lift toes then rotate shoulders away from forward foot with toes up.

Thank you, we are done.