About Take 10

Take 10 is a self-paced wellness program encouraging participants to take 10 minutes a day for their personal well-being. There are five activity options available: stretch, walk, strength, mindfulness, and kindness.

Benefits

- Increase Strength & Flexibility
- Increase Cardiovascular Health
- Increase Mindfulness & Awareness
- Decrease Stress
- Increase Positivity

Activities

- **Stretch**
  Help reduce and control unwanted muscle tension and tightness through flexion of those muscles and tendons.

- **Walk**
  Take time to step away and move your body.

- **Strength**
  Help reduce unwanted muscle tension through active movements that strengthen your muscles, bones and joints.

- **Mindfulness**
  Purposely bringing one’s attention to experiences occurring in the present moment without judgment.

- **Kindness**
  Being friendly, generous, and considerate to others.

Program Info: [https://health.uconn.edu/wellness-center/take-10/](https://health.uconn.edu/wellness-center/take-10/)

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