

take


10

stretch 

walk 

strength 

mindfulness 






kindness 



## 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.