



## Micro-Breaks: The standing Brugger's exercise:

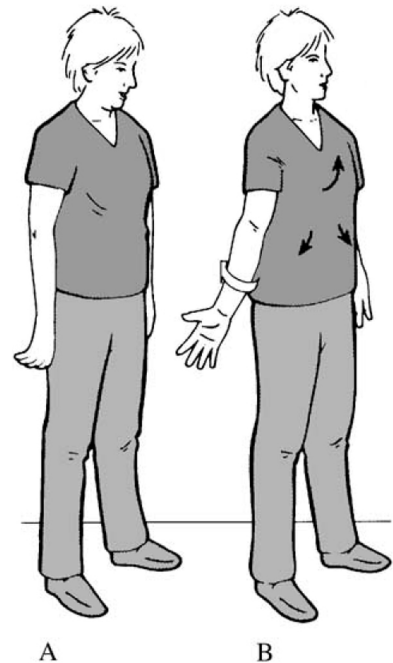
### A. Your starting position:

Stand with your feet slightly further apart than your hips.  
Turn your feet out slightly.  
Tuck your chin in slightly, as if you are nodding 'yes'.

### B. The exercise:

Breathe in (through your nose) to your abdomen.  
Then exhale slowly while at the same time:  
Turning your palms out, with fingers extended  
and raising your breastbone towards your chin slightly.

In your mid to upper back you will feel  
the muscles squeezing together.  
In your chest you will feel a stretch across  
your pecs and the front of your shoulders.



Repetitions: 2-3

Frequency: Every 20 minutes when sitting for extended periods of time.