

## PHYSICAL ACTIVITY IDEAS WITHIN THE WORKPLACE

- WebMD: [Stretches You Can do at Work](#)
- WebMD: [Stretches to Help You Get loose](#)
- Readers.com: [9 Desk Stretches for People Who Sit All Day](#)
- ATI Physical Therapy: [Stretch to Success in 2023: The Best Pre- and Post-Workout Stretches to Add to your Routine](#)
- Mayo Clinic: [Guide to Stretches](#)
- Stretching (also using exercise bands for strength training)
- Walking, jogging, running (parking farther away, taking steps instead of elevator)
- Up to 12 arm circles, knee bends, toe touches, body squats, lunges, leg lifts, jumping jacks, pushups
- Jumping rope
- Yoga, tai chi
- Dancing

### \*\*\*OTHER RESOURCES:

- CDC: [Physical Activity Breaks for the Workplace Resource Guide](#)

## SONGS TO DANCE TO WITHIN THE WORKPLACE

- Warmup or Stretching Songs:
  - [Sweet Caroline-Neil Diamond 2020 Global Singalong](#) (3:40 minutes)
  - [Circle of Life-Carmen Twillie, Lebo M.](#) (4:06 minutes)
  - [I Would Walk 500 Miles-The Proclaimers](#) (3:36 minutes)
- Faster Moving Songs:
  - [YMCA-Village People](#) (4:01 minutes)
  - [Shout!-The Isley Brothers](#) (4:28 minutes)
  - [Eye of the Tiger-Survivor](#) (4:04 minutes)
  - [Piano Man-Billy Joel](#) (5:39 minutes)
  - [American Pie-Don McLean](#) (8:36 minutes)
  - [Chicken Dance](#) (2:47 minutes)
  - [Frozen Let It Go](#) (4:02 minutes)
  - [Little Mermaid Under the Sea](#) (3:26 minutes)
  - [Hakuna Matata-Lion King](#) (2:46 minutes)
  - [Bare Necessities-The Jungle Book](#) (2:12 minutes)
  - [Supercalifragilisticexpialidocius-Mary Poppins](#) (2:31 minutes-Start at 0:33)
  - [The Macarena Dance 2022-DJ Raphi](#) (2:55 minutes)
  - [Electric Boogie \(The Electric Slide\)-Marcia Griffiths](#) (4:02 minutes)
  - [Left Left Right Right Penguin Dance-Ann Teofilfo](#) (2:33 minutes)