**60 Second Refresher**

1. Open and close hands with arms extended in 3 positions-in front, over-head, to the side. Repeat 3x.
2. Raise up on toes, roll back on heels 5x. (Remove high heels).
4. Lean back gently with hands supporting low back. Hold 5 counts. Do not over arch.
5. Close eyes gently. Slowly roll shoulders backwards 5x, then forwards 5x.
6. Inhale deeply and lower ear to shoulder. Exhale completely as you slowly roll chin across chest and up to center. Repeat 3x each side.

**Energize Tired Eyes**

**STEP 1:**
- Blink slowly...feel eyelids touching the lower lids. Repeat 10x.
- Focus on the farthest object in distance for 5-10 seconds. Blink and breathe.
- Move eyes slowly and smoothly up, down, side to side and diagonally. Repeat 2x.
- Close eyes and cover with palms. Experience total darkness for 20-30 seconds. Take long, slow deep breaths.

**STEP 2:**
- Blink lightly and quickly 10x. End with a relaxing temple massage.
- Shift your vision back to the screen... refocus. Repeat 3x.
- Move eyes clockwise and then counter-clockwise in a smooth circle. Repeat 2x.
- Relax face, brow and jaw. Do not squeeze eyelids shut.

**THINK TO BLINK**
**REFOCUS YOUR EYES**
**STRETCH YOU EYES**
**REST YOUR EYES**