

# 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).
- 3 Position arm across chest. Press gently on elbow. Hold 5 counts. Turn head to opposite side. Repeat other side.
- 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.
- 7 Shift weight forward. Keep knee over ankle and heels flat. Hold 5 counts. Switch sides.

## ENERGIZE TIRED EYES

### STEP 1:

Blink slowly...feel eyelids touching the lower lids. Repeat 10x

### STEP 2:

Blink lightly and quickly 10x. End with a relaxing temple massage.

THINK TO BLINK

### STEP 1:

Focus on the farthest object in distance for 5-10 seconds. Blink and breathe.

### STEP 2:

Shift your vision back to the screen... refocus. Repeat 3x.

REFOCUS YOUR EYES

### STEP 1:

Move eyes slowly and smoothly up, down, side to side and diagonally. Repeat 2x.

### STEP 2:

Move eyes clockwise and then counter-clockwise in a smooth circle. Repeat 2x

STRETCH YOU EYES

### STEP 1:

Close eyes and cover with palms. Experience total darkness for 20-30 seconds. Take long, slow deep breaths.

### *Note:*

*Relax face, brow and jaw. Do not squeeze eyelids shut.*

REST YOUR EYES