WELL-BEING BREAK: TRUE OR FALSE
5-MINUTE WORKOUT

HOW IT WORKS

- Leader calls out a series of statements.
- Participants respond to each of the statements by **marching in place if the answer is FALSE** (for 5 seconds) and doing **jumping jacks if the answer is TRUE** (for 5 seconds).

WELL-BEING BREAKS:

- Support our Better Tomorrow 2025 commitment
- Bring physical activity and mental balance into the work environment
- Reinforce our culture of health and well-being
- Require only 5-10 minutes
- Can take place anywhere
- Help us stay active & thrive
VARIATIONS:

TRUE!
Do 2 squats if the answer is true.

FALSE!
Do 3 squats if the answer is false.

TRUE OR FALSE STATEMENTS

Choose any series of statements:

I meditate for AT LEAST 10 MINUTES every day.

I eat MEATLESS at least once a week.

I get 150 MINUTES of physical activity every week.

Overall, I feel that I live a BALANCED AND HEALTHY LIFE.

I sleep for 7-9 HOURS EACH NIGHT.

I eat the recommended 25-35G OF FIBER every day.

I surround myself with POSITIVE, MOTIVATING INDIVIDUALS.

I get 150 MINUTES of physical activity every week.