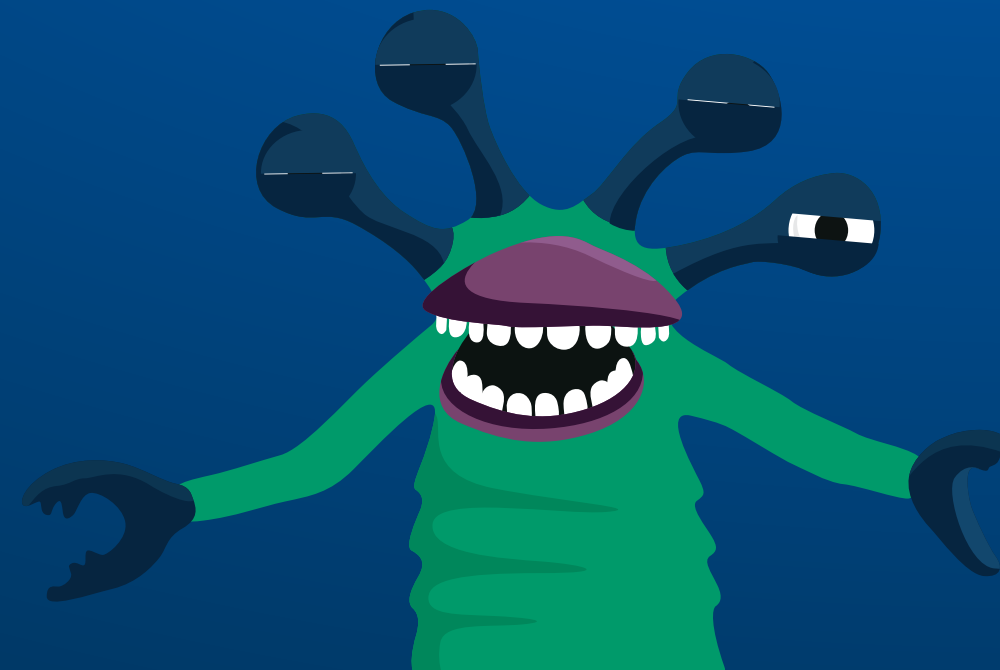


Desk-ercises

Let's face it, the human body wasn't built to spend 8 (or 10, or 12) hours a day at a desk.

So, if you need a quick stretch, a moment to de-stress, or want to get pumped up like Strongman, the desk toys are here to help you get some movement and meditation. And remember, a healthy IT pro is a happy IT pro, so go at your own pace and don't attempt any exercises you don't feel comfortable with.





CLOSE YOUR EYES AND FOCUS YOR MIND

GOOGLEY EYES PRESENTS:

4-7-8 breathing

WHAT IT'S FOR:

Simple breathing exercises like this can reduce anxiety in those moments when things get hectic. (Otherwise known to IT pros as Monday. Or Tuesday. Or Wednesday...)

- 1 Take a deep breath in through your nose while counting to **FOUR**.
- 2 Hold that breath while counting to **SEVEN**.
- 3 Exhale slowly through your mouth while counting to **EIGHT**.
- 4 Repeat four times.



LEVITATE ABOVE YOUR SEAT

ZEN FROG PRESENTS:

Desk chair lifts

WHAT IT'S FOR:

Work your arms and your core muscles and rise above the fray of the day.

- 1 Sit straight in your chair with your legs crossed underneath you.
- 2 Using the arm rests, slowly lift yourself a few inches off of the chair.
- 3 Hold this position for 10-20 seconds.

A cartoon illustration of a zombie character with a grey, bald head and glowing yellow-green eyes. He is wearing a grey suit jacket, a white dress shirt, and a red tie. He is standing with his arms extended horizontally in front of him. His right hand is flat, palm up, and his left hand is reaching out to grasp the fingers of his right hand, pulling them down. A speech bubble above his head contains the text "I'M A NATURAL AT THIS!".

I'M A NATURAL AT THIS!

ZOMBIE PRESENTS:

Horizontal arm extensions

WHAT IT'S FOR:

Loosen up those stiff arms and shoulders from hours in "desk pose" and become the limber IT pro you were always meant to be.

- 1 Extend one arm out in front of you, palm facing up.
- 2 With your other hand, grab the fingers on your extended hand and pull it down.
- 3 Repeat with other arm.

A FEW OF THESE AND YOU'LL LOOK LIKE ME!



STRONGMAN PRESENTS:

Water bottle bicep curls

WHAT IT'S FOR:

Strengthen your biceps and wrists so you can hoist server racks with the greatest of ease.

- 1 Grab a full water bottle, can of Cold Reboot, quadruple extra large iced coffee, etc.
- 2 Using the bottle as a weight, curl your forearm toward your shoulder.
- 3 Repeat 10-20 times per arm.



MONKEY PRESENTS: **Side stretch**

WHAT IT'S FOR:

Reduce lower back stiffness so you're ready to leap out of your seat at a moment's notice to help end users change their passwords.

- 1 Sit straight up in your chair and raise your right arm above your head.
- 2 With your left hand, grab your right wrist and pull it slowly to the right.
- 3 Hold for 10 seconds. You should feel a stretch on your right side.
- 4 Repeat with the opposite side.

DON'T LET THE DAILY GRIND WRECK YOUR JAW!



TEETH PRESENTS:

Jaw stretch

WHAT IT'S FOR:

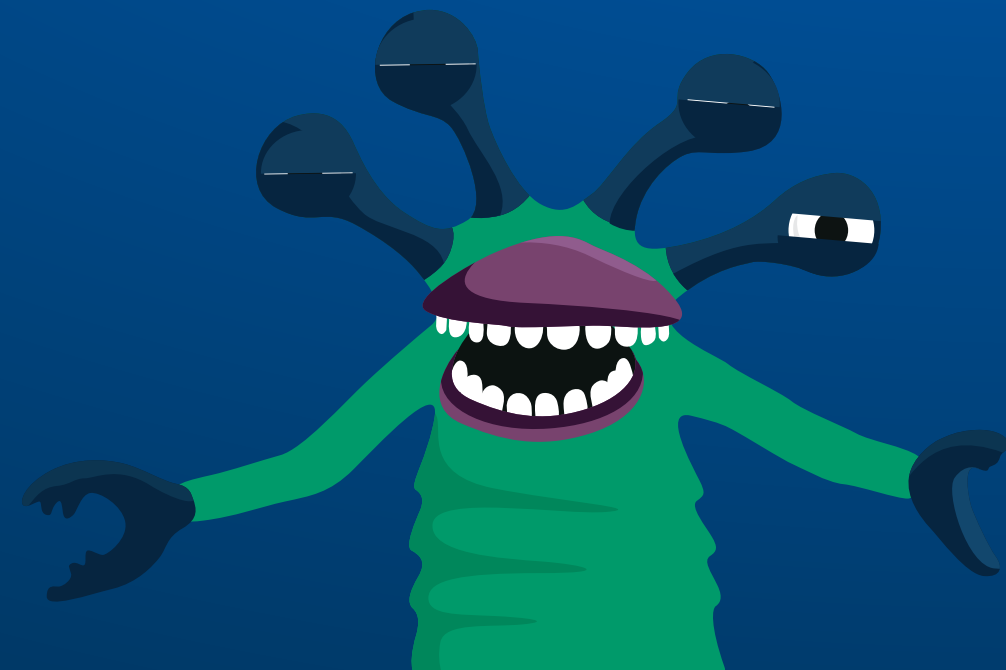
Jaw exercises can help relieve TMJ (temporomandibular joint) pain caused by stress, poor posture, and long hours in front of screens.

- 1 Place your thumb under your chin.
- 2 Using your thumb as resistance, slowly open your mouth.
- 3 Hold for 3-6 seconds, then close your mouth slowly.
- 4 Repeat 3 times.

Stressed about power management? We can help with that, too.

We hope these quick de-stressing tips were a helpful break in your day.
As always, we're here to help with all of your power management needs.

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