

10 EASY WAYS TO PLAY IT OUT

1 START IT RIGHT

Do 30-60 seconds of Play It Out at the beginning of every call or meeting to get Sneaky Pete out of the driver's seat..

2 POWER HOUR

Set a reminder every hour to do 30-60 seconds of Play It Out to keep flushing out your stress hormones.

3 BIO BREAK

Every time you have to go to the restroom, use it as a reminder to also spend 30-60 seconds Playing It Out.

4 CHALLENGE!

Challenge a friend or colleague to see who can do the most Play It Out breaks each day or week.

5 GRAB 'N GO

Meet someone outside if you can and while maintaining a 6-foot distance, go for a quick and very brisk walk.

6 VIRTUAL GROUP

Get a virtual group together mid-morning and mid-afternoon for a quick Play It Out break. Play some good music to get everyone's energy up.

7 WORK IT OUT

Organize a virtual Play It Out workout group. Do a series of Play It Out cards or body weight exercises for 15, 30 or 45 minutes if possible.

8 CREATIVITY TIME

In your virtual Play It Out group, assign each person to come up with an exercise that either gets your heart rate up or works your muscles.

9 STEP UP

Find a set of stairs, sprint up as fast as you can, turn around, walk down, and go back up again.

10 HILL CLIMBER

Find a hill, go up as fast as you can, turn around, walk down, and go back up again.