

# COURAGE TO RUN®

wellness-based practices for resilient, strong and visionary civic leaders

Finding yourself sluggish or uninspired? Try these three super simple brain and body strengtheners that boost happiness and performance, too. The coolest part? They can be done anywhere and at anytime.



## STRETCH

We spend roughly 8 hours on any given day in-front of screens standing or sitting. Static behavior can cause stiffness and pain. Take 10 seconds to two minutes between projects - and stretch. The Mayo Clinic reports stretching builds more focused and flexible bodies and minds. Benefits include increased energy levels, reduced stress, and improved circulation, range of motion and posture. Arms over head, forward fold and shoulder rolls. Go ahead, stretch yourself!



## STAND

Sitting for more than four hours at a time reduces life expectancy. Our stance? Find accessible ways to stand more and sit less. Create a DIY stand-up desk. Stand while on a conference call. For an added boost, assume a power pose (tall and proud: hands on hips and chin up). Harvard social psychologist Amy Cuddy found that standing like Superman for two minutes releases testosterone, resulting in increased confidence and higher performance during interviews and presentations.



## STRENGTHEN

Take the stairs. Climbing or descending stairs engages the whole body: arms, core, glutes and leg muscles. Plus, it requires focus. According to NYU neurologist and exercise enthusiast Wendy Suzuki, cardio offers a triple whammy: it releases endorphins and serotonin, activating the brain's reward system. Cardio also alleviates stress and reduces cognitive decline. Plus, it builds endurance. If your office or home does not have stairs, take a quick walk down the hall.

