

Quick Physical Health Exercises

Take a Movement Break

Stand up, stretch, or take a 5-minute walk. Short bursts of movement can improve energy and reduce physical strain.

Stay Hydrated

Keep a water bottle nearby throughout the day. Proper hydration supports focus, energy, and overall health.

Practice Desk Stretches

Stretch your neck, shoulders, wrists, and back to reduce muscle tension and improve flexibility during the workday.

Take the Stairs

Choose stairs instead of elevators when possible. Small choices during the day contribute to better physical fitness.

Check Your Ergonomics

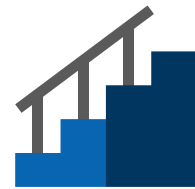
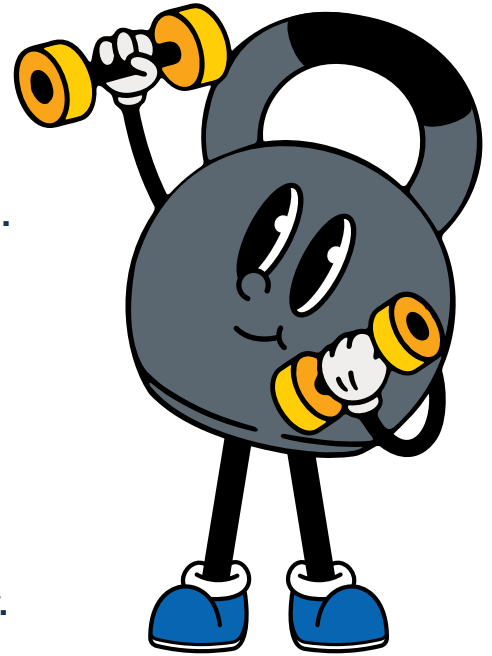
Adjust your chair, monitor, keyboard, and posture to create a comfortable and supportive workspace.

Fuel Your Body

Choose a nutritious snack such as fruit, vegetables, nuts, or yogurt to help maintain energy throughout the day.

Prioritize Sleep

Set a bedtime routine and aim for consistent, quality sleep to support recovery, concentration, and overall wellness.



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