



# Feel less sluggish with an Active Meeting

Bring more energy to your meetings with our simple three-step guide; helping you to feel more alert and more focused in your meeting...



Find more ways to move more & stress less at work: [www.merseysidesport/myactiveworklife](http://www.merseysidesport/myactiveworklife)

**Step 1: the warm-up**  
Before your meeting starts, take 2 minutes as a group to stretch your back, chest and neck then sit up straight in your chair



**Step 2: break it up**  
• Stand up when you're talking  
• Mexican wave after each agenda item  
• Stand for 60s every 15 minutes



**Step 3: end on a high**  
At the end of the meeting, one person chooses an exercise that you all do for 30 seconds e.g. arm circles, high knees or squats



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