



Dear Marquese,

Recharge, Rejuvenate, and Reconnect with Recess!

"Line up everybody, it's time to go outside! Outside, outside! Outside, everybody, outside! Line up, everybody, line up, line up, line up, line up!" This is the song that sparked activity at headquarters today as staff were ushered outside for RECESS! Yes, recess!

Brande Hune, Chief of Business Operations was inspired by the notion of "Instant Recess" by KEEN (<http://recess.keenfootwear.com/recess-at-work/>).

According to KEEN:

- 62% of employees agree they don't take regular breaks. These people become less engaged, less productive and less focused.
- Short activity breaks during the workday are beneficial to employee health and well-being.

So, what can you do? Join the "Recess Revolution!"

- Replace your regular breaks with fun Recess breaks instead!
- Kick off Recess at your work site.
- Take activity breaks with your teammates.
- Encourage your co-workers/employees to get out and play!
- Fight "Nature Deficit Disorder" by adding outdoor

Start enjoying recess today!



breaks to calm employees and reduce stress.

- Work outside already? Play an indoor game with colleagues to take a break from the heat and break the monotony of everyday work activities.

The Disclaimer (you knew there would be one, right?)

Please note that Recess is optional and should be scheduled during normal break times. While it is super fun, you may not extend play time to take the place of work. Safety first! Choose activities within your personal abilities and remember to stretch and stay hydrated.

Recess will be a continuing activity at headquarters... every day at 10am and 2pm will be Recess! ALL of you are invited to step away from your work areas for at least one "recess" a day and try an activity to get your body moving and your mind rejuvenated. If you work at an off-site location and are planning to stop by HQ to pick up mail or supplies, join in the fun. Better yet, start your own Recess at your site!

You can volunteer to be a "Recess Leader" for an activity of your choice and sign up on the Recess Calendar hanging up in the employee information center (bulletin board in the dining room at HQ).

Some ideas already floating around include scavenger hunts, circuit training, and volleyball. What did you do during recess as a kid? Add it to the list, and let's start playing again!

"I don't know about you, but I sure had a great time at our two recesses today! A nice one-mile walk around the campgrounds this morning, and some red light/green light and 4-square this afternoon. I'd forgotten how much fun recess can be," said Megan Gomez.



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