



# Break a Sweat



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

Work your muscles and raise your heart rate.

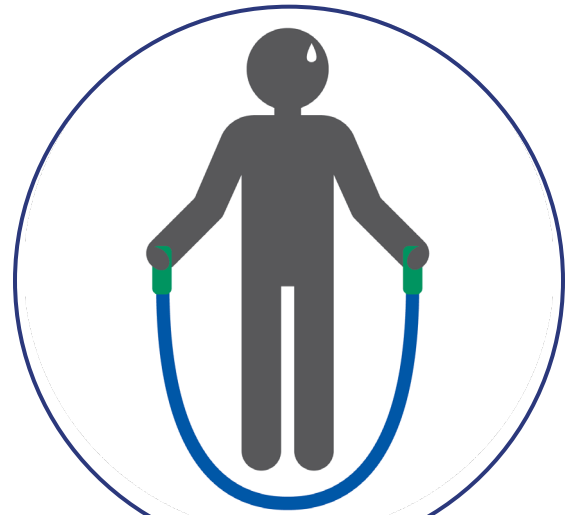
### You can try:

- Jumping rope
- Jogging or speed walking
- Climbing stairs or playground equipment
- Running or chasing games
- Burpees/mountain climbers

### WHY TO TRY:

Physical activity wakes up your muscles and gets your heart pumping. Not only does this keep you healthy, but it also can clear your mind and boost your energy and mood.

**Try to find a moment each day of the week to practice the tool.**



**Break a Sweat**



## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

