

Managerial Warm-Up as a Tool for Supporting Health, Mental Well-being, and a Sustainable Work Style

Zuzana Kornatovská

University of South Bohemia in České Budějovice, České Budějovice, Czechia

e-mail: zkornatovska@pf.jcu.cz

This paper presents an interactive educational activity entitled “Managerial Warm-Up”, designed to promote health, mental well-being, and work performance through brief physical activity breaks during the working day. The concept is based on the principles of the Yoga in Daily Life system and reflects current knowledge about the importance of regular physical activity and recovery for the long-term sustainability of both professional and personal life. Participants will have the opportunity to practise a series of simple exercises aimed at relieving tension in the neck, shoulders, and back, promoting proper posture, practising conscious breathing, and applying brief calming techniques. The activity is designed to be easily implemented in a typical workplace without the need for special equipment or sportswear. The paper will also initiate a discussion about the potential use of brief movement and relaxation activities as a component of non-formal adult education and as a means of promoting well-being at universities, in schools, and in other professional organisations. Particular emphasis will be placed on the importance of daily habits that help prevent stress, support mental health, and develop the competencies needed for a healthy and sustainable lifestyle.

