

## Culture Shift Cards

**Begin your next meeting  
with a 30-second stand,  
stretch, or breath.**



**Visible, repeatable actions signal what's  
safe and what's normal.**

## Culture Shift Cards

**Hold your next 1:1 as a walk-and-talk, indoors or out.**



**Walking meetings reduce sedentary behaviour  
and show it's okay to move.**

## Culture Shift Cards

**Ask your team, “What kind of breaks help you recharge?”**



**Inclusion builds shared habits that  
work for everyone.**

## Culture Shift Cards

**Share your movement habits:  
like standing during calls or  
stretching after meetings.**



**Sharing normalises. Your habits give others  
permission.**

## Culture Shift Cards

**Acknowledge when someone  
builds in movement.**



**Recognition reinforces new norms and makes  
them stick.**

## Culture Shift Cards

**Block 5-minute recovery breaks  
between focus meetings and  
make it a team norm.**



**Protected time signals that movement matters.  
Systems shape culture.**

## Culture Shift Cards

**Add a stretch or breath to something you already do, like huddles.**



**Layering builds habits without adding time.**

## Culture Shift Cards

**Update your status: “Out for a quick movement break - back in 5.”**



**Visible actions give others permission to move too.**