



Energy Breaks

WHAT is an Energy Break?

An energy break is a way to energize your team and to stimulate productivity and enthusiasm during team meetings. Get out of the stagnant computer state and into 'extension' with your amazing Activity Center staff. Your trainer will dedicate 5, 10 or 15 minutes to using a variety of stretching, breathing or meditation techniques.

WHEN are Energy Breaks available?

Monday through Friday based on availability by site. By appointment only; one week advance notice required.

Contact your local Activity Center manager to schedule:

Oak Hill: Maribel Rodriguez | maribel.rodriguez@nxp.com

Ed Bluestein: Antoinette Weatherspoon | antoinette.weatherspoon_1@nxp.com

Chandler: Arizona Macias | arizona.macias@nxp.com

WHERE will the Energy Breaks be held?

Our team will come to you in-person and/or we can do these virtually through Microsoft Teams.

WHAT should I expect during the Energy Breaks?

Energy Breaks include a light warm-up, stretching and balance work, followed by deep breathing and postural exercises. The Energy Break can be customized for each team.

Is the Energy Break member exclusive?

No; you don't need to be a NXP Activity Center member to take part in Energy Breaks.

Does it cost to schedule an Energy Break?

No; NXP encourages you to schedule Energy Breaks during your longer meetings.

Schedule your Energy Break today with your local Activity Center manager!